

CARE.LY BODY - WORKOUT PLAN

Berat: 64.0 kg | Tinggi: 174.0 cm | BMI: 21.14

Kategori: Normal

No	Exercise & Duration
1	Cardio - Jogging/Cycling 30 menit, 3-4x/minggu
2	Strength Training 2-3x/minggu, 40 menit
3	Yoga atau Stretching 2x/minggu, 30 menit
4	Plank 3 set x 30-60 detik
5	Push-ups 3 set x 15-20 reps
6	Lunges 3 set x 12 reps per kaki

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Care.ly - Stay Healthy! ■