



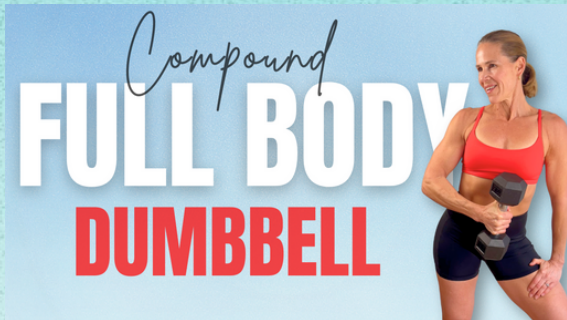
YouTube | Michelle Brieher



SUMMER BODY SHRED WEEK 2



MONDAY



40 MIN



TUESDAY



25 MIN



WEDNESDAY



30 MIN



THURSDAY



30 MIN



FRIDAY



45 MIN



SATURDAY



40 MIN

SUNDAY

REST DAY