

# MAY 4-9



 YouTube | Michelle Brieher



## MONDAY



**30 MIN**



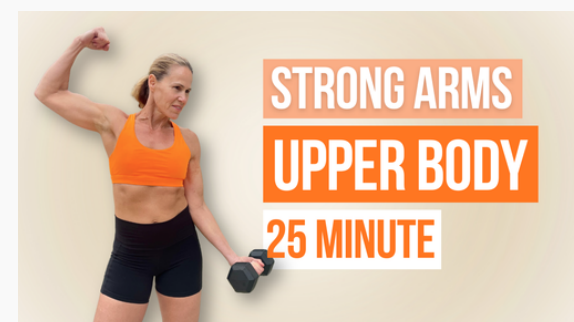
## TUESDAY



**25 MIN**



## WEDNESDAY



**25 MIN**



## THURSDAY



**30 MIN**



## FRIDAY



**30 MIN**



## SATURDAY



**40 MIN**

## SUNDAY

**REST DAY**