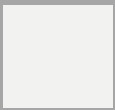


Reset

Bodycamp

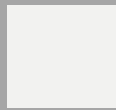
DAY 1

Full Body



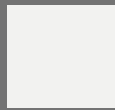
DAY 2

Abs and
Core



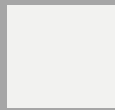
DAY 3

Flexy Flow



DAY 4

Morning
Mobility



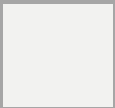
DAY 5

Leg Day



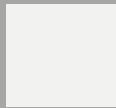
DAY 6

Shoulder and
back mobility



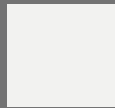
DAY 7

Glutes and
hamstrings



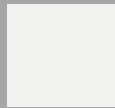
DAY 8

Flexy Flow



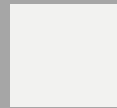
DAY 9

Hip Mobility



DAY 10

Upper Body



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