

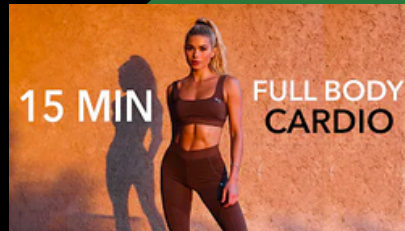
PAMELA REIF WORKOUT PLAN

DAY 1 UPPER BODY



20 MIN UPPER BODY +
BOTTLES & BOOTY BAND

DAY 2 CARDIO



15 MIN FULL BODY CARDIO

DAY 3 LOWER BODY



15 MIN LEG WORKOUT,
Floor Only

DAY 4 REST



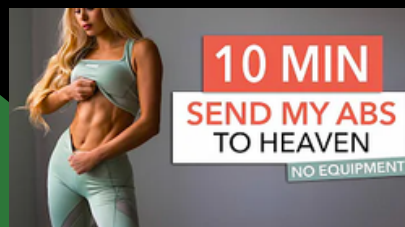
Maybe: 15 MIN DAILY STRETCH

DAY 5 FULL BODY



20 MIN FULL BODY
WORKOUT

DAY 6 CORE & ABS



10 MIN SEND MY ABS TO
HEAVEN