

Five day 20 minutes a
day workout plan.
No equipment

H2O TRAVEL PLAN

PROGRAM

Week 1

- DAY 1 - H2O Ice Baby
- DAY 2 - H2O Sub Zero
- DAY 3 - H2O Refresh
- DAY 4 - H2O Simmer
- DAY 5 - H2O Boiling Point