

LUKE

Week 1

Day 1 - Train with Luke Day 2 - Train with Luke 2 Day 3 - Train with Luke 3 Day 4 - Train with Luke 4 Day 5 - Train with Luke 5

Week 2

Day 6 - Train with Luke 6 Day 7 - Train with Luke 7 Day 8 - Train with Luke 8 Day 9 - Train with Luke 9 Day 10 - Train with Luke 10

TEAM BODY PROJECT