

WORKOUT PLAN

Physiotherapist, Head Trainer & Founder of the LEAN App



ADVANCED

# BOOTY BURN & LIFT

LEAN

WORKOUT PLAN

ADVANCED

START THE CHALLENGE, YOU'VE GOT THIS!

**BEGINNERS DO YOUTUBE WORKOUTS.**  
ADVANCED DO ALL WORKOUTS.

## YOUTUBE WORKOUTS (BEGINNER)

MON	TUE	WED	THU	FRI	SAT	SUN
				Rest Day		
TOTAL: 15m	TOTAL: 15m	TOTAL: 15m	TOTAL: 14m		TOTAL: 14m	TOTAL: 15m

## ADVANCED WORKOUTS

GET THE LEAN APP FOR ACCESS

MON	TUE	WED	THU	FRI	SAT	SUN
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FOR BEST RESULTS DO ALL WORKOUTS.

Special Offer

# LEAN

Get access to the App-exclusive LEAN Method full-length programs, meal plans, nutritious recipes and more!

