

# 28-DAY FULL BODY WORKOUT PLAN



## 30 DAYS



Mountain Climbers



Crunches



V-ups



Full Plank



Push Ups

## 80 DAYS



Side V-ups



Superman



Elbow Plank



Push Ups



Ab Wheel Rollout

## 190 DAYS



Crunches



Elbow Plank



Mountain Climbers



Lunges



Squats

# GET THIS PLAN

# Men Max Workouts Kick Start Lean Body Guide

**Clemens Wendtner**



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