

BODY PROGRESS

ARMS

- ☐ WEEK 1
- ☐ WEEK 2
- ☐ WEEK 3
- ☐ WEEK 4

THIGHS

- ☐ WEEK 1
- ☐ WEEK 2
- ☐ WEEK 3
- ☐ WEEK 4

CALF

- ☐ WEEK 1
- ☐ WEEK 2
- ☐ WEEK 3
- ☐ WEEK 4

WEIGHT

- ☐ WEEK 1
- ☐ WEEK 2
- ☐ WEEK 3
- ☐ WEEK 4

NECK

- ☐ WEEK 1
- ☐ WEEK 2
- ☐ WEEK 3
- ☐ WEEK 4

CHEST

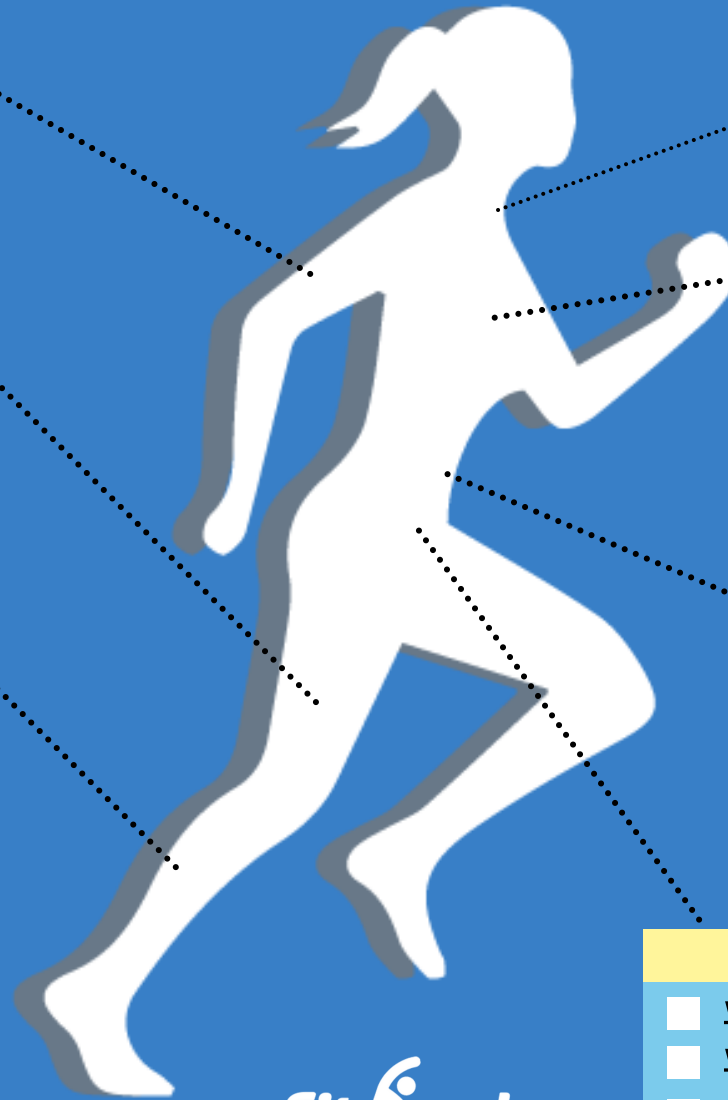
- ☐ WEEK 1
- ☐ WEEK 2
- ☐ WEEK 3
- ☐ WEEK 4

WAIST

- ☐ WEEK 1
- ☐ WEEK 2
- ☐ WEEK 3
- ☐ WEEK 4

HIPS

- ☐ WEEK 1
- ☐ WEEK 2
- ☐ WEEK 3
- ☐ WEEK 4



fitkada