



SQUAT CHALLENGE

30 dagen! SQUAT CHALLENGE						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30		 Jacqueline van Dijk Thustrainer, Coaching & Voeding	