NO EQUIPMENT *Workout Challenge*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
30 MIN FULL BODY SUPERSETS	30 MIN UPPER BODY & ABS WORKOUT	30 MIN LOWER BODY SCULPT	30 MIN UPPER BODY, CARDIO & ABS	GLUTES - NO SQUATS/ NO LUNGES	30 MIN FULL BODY CONDITIONING	30 MIN ABS & MOBILITY

Share your workouts with me
@workoutwithroxanne