

I'm Ready To Catch The Exercise Bug!

My exercise WHY is...

DAY 1
10 REPS EACH

DAY 2
15 REPS EACH

DAY 3
2X10 REPS EACH

DAY 4
2X15 REPS EACH

DAY 5
3X10 REPS EACH

DAY 6
3X15 REPS EACH

DAY 7
20 REPS EACH