

WOW (WORKOUTS OF THE WEEK)

BY NICCI ROBINSON

DAY 1

30 MINUTE QUADS AND GLUTES WORKOUT

DAY 2

POWER OF 7- DUMBBELL FULL UPPER
BODY CIRCUIT

DAY 3

15 MINUTE BOOTY BURNOUT
7 MINUTE AB CIRCUIT

DAY 4

45 MINUTE FULL BODY DUMBBELL
CIRCUIT

DAY 5

25 MINUTE LOWER BODY HIIT
NO EQUIPMENT

DAY 6

POWER OF 7 - FULL BODY BARBELL HIIT
30 MINUTE CARDIO SESSION OF YOUR CHOICE

DAY 7

REST AND RELAX DAY!

