

4 WEEK SUMMER SNATCHED CHALLENGE - BUILD MUSCLE

NO EQUIPMENT AT HOME WORKOUTS 30-40 MINS PER DAY

DAY 1



DAY 2



DAY 3



DAY 4

REST DAY

@STUDIO.JIBBY

DAY 5



DAY 6



DAY 7

REST DAY

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NO EQUIPMENT AT HOME WORKOUTS 30-40 MINS PER DAY

DAY 8



DAY 9



DAY 10



DAY 11

REST DAY

@STUDIO.JIBBY

DAY 12



DAY 13



DAY 14

REST DAY