

7-DAY WORKOUT PLAN

DAY	WORKOUT	TIME	EQUIPMENT
1	Full Body Build & Burn	35 Minutes	Dumbbells
2	Rep-Drop Upper Body	20 Minutes	Dumbbells
3	Lower Body Strength	25 Minutes	Dumbbells
4	Mat Pilates	15 Minutes	None
5	Full Body HIIT	25 Minutes	Dumbbells
6	Full Body Mini Band	30 Minutes	Resistance Band
7	Active Recovery	5 Minutes	None