

One Week

No Equipment Beginner Workout Plan

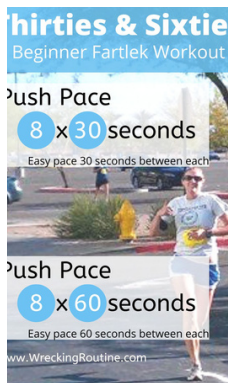
Click the link to be taken to the workout for the day.

Monday
(Strength)



Partner Dropset Workout

Tuesday
(Cardio)



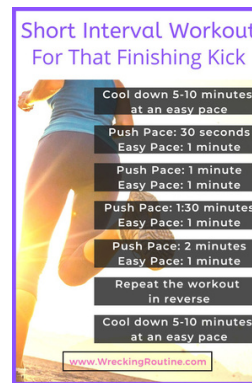
Short Focus Interval Workout

Wednesday
(Strength)



Total Body Beginner Supersets

Thursday
(Cardio)



Short Interval Workout For Finishing Kick

Friday
(Rest)

Walk 20-30 minutes

Saturday
(Cardio)



Hotel Room Workout

Sunday
(Rest)

Walk 20-30 minutes

Get your Warm Up & Cool Down Guide [here](#).

Be sure to tag [@wreckingroutine](#) on social media.

www.WreckingRoutine.com