



14 Day #DatRona Workout Playlist

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Hit Every Muscle in 15 Minutes	Jiggle Free Arms Vol 1	REST	TK 87 All the HIITs + Abs	PiYo Flexibility Training	REST	Kickboxing Circuit
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Hit Every Muscle in 15 Minutes	REST	Jiggle Free Arms Vol 1	TK 87 All the HIITs + Abs	REST	PiYo Flexibility Training	Kickboxing Circuit
<p>Eating well balanced meals comprised of lean protein, whole grain carbs, leafy vegetables and healthy fats will keep you satiated longer and reduce cravings. Aim for 1 cup of carbs per meal.</p>						

www.JiggleFreeZone.com