

(Video) Week 1 Recap + Finding Your Motivation to Train & Stay On Track

This week has been pretty good overall. I'm BACK on track with my training and nutrition. So come with me to the gym, see what I'm eating, and let's talk about how to get YOU motivated to train - even when you don't really have it in you.



What kind of advice would you share with our other Roxstars about finding your motivation to train that works for you? Or got questions or comments for me?

Post your thoughts below below, let's key-key and discuss!