

J. Lo and A-Rod's 10 Day Challenge: No Carbs and No Sugar!

Jennifer and Alex Rodriguez challenge you to no carbs and no sugar for 10 straight days. No Cheating #10daychallenge

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6
- ☐ Day 7
- ☐ Day 8
- ☐ Day 9
- ☐ Day 10