

MON LEGS

Stretching and warm-up
25 Squats
25 Sumo Squats
Repeat above March in place for 20 sec
Stretch muscles
Relax

TUES ABS

Stretching and warm-up
20 Standing Oblique Twists
30-second Floor Plank
Repeat above
March in place for 20 seconds
Stretch muscles
Relax

WED ARMS

Stretching and warm-up
25 Push-ups
20 Wall Tricep Pushes
Repeat above
March in place for 20 seconds
Stretch muscles
Relax

THURS CARDIO

Stretching and warm-up
50 Jumping Jacks
30-second Sprint in place
Repeat above
March in place for 20 seconds
Stretch muscles
Relax

FRI COMBO

Stretching and warm-up
10 Squats & 10 Sumo Squats
10 Standing Oblique Twists
March in place for 20 seconds
20 Push-ups
25 Jumping Jacks
March in place for 20 seconds
Stretch muscles
Relax

SAT YOUR PICK

Choose from Day 1-4
to work on your chosen area:
Legs
Abs
Arms or
Cardio

SUN REST

Take a break!
You deserve it.

