

Exercise	Body Parts	Rep	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Normal Push-up	Arms + Chest	20					✓		
Wide Arm Push-up									
Decline Push-up	Upper Chest							✓	
Incline Push-up	Lower Chest							✓	
Diamond Push-up	Triceps	20							
Dips	Triceps	20							
Pike Push Up	Deltrioid	20					✓		
Glute Bridge	Abs	20							
Sit Ups	Abs	20							
Cocoons	Abs + Thighs	20							
Reverse Crunch	Upper Abs	20							
Windshield	Side Abs	20						✓	
Lying Leg Raise	Lower Abs + Thighs + Buttoc	20					✓		
Side Plank	Side Abs	1 min							
Front Plank	Full Abs + Buttock	1 min							
Squats	Quad	4 x 10 (Hold for 4 sec)							
Lunges	Quad	4 x 15 (Each side)						✓	
Mountain Climber	Quad	45 sec							
Running	Cardio								