

# .....repeatable..... WEEKLY WORKOUT

AN AT HOME BODY-WEIGHT ROUTINE FOR EVERY DAY OF THE WEEK

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## "the routine"

- 5 Tricep Dips
- 10 Lunges (each leg, alternating)
- 10 pushups
- 10 Squats
- 15 Sit-Ups/Ab Exercise
- 20 Jumping Jacks

### DAY 1 - LEGS

- ROUTINE x2
- 25 squats
- 25 Sumo squats
- ROUTINE x2
- REPEAT SQUAT EXERCISES\*
- ROUTINE x2
- March in place 20 seconds
- Stretch all muscle groups and relax.

### DAY 2 - ABS

- ROUTINE x2
- 50 Standing Oblique Twists
- 30 Second floor plank
- ROUTINE x2
- REPEAT AB EXERCISES\*
- ROUTINE x2
- March in place 20 seconds
- Stretch and relax.

### DAY 3 - ARMS

- ROUTINE x2
- 20 Push-Ups
- 10 Wall Tricep Pushes
- ROUTINE x2
- REPEAT ARM EXERCISES\*
- ROUTINE x2
- March in place 20 seconds
- Stretch and relax.

### DAY 4 - CARDIO

- ROUTINE x2
- 100 Jumping Jacks
- 30 Second In-place Sprint
- ROUTINE x2
- REPEAT CARDIO EXERCISES\*
- ROUTINE x2
- March in place 20 seconds
- Stretch and relax.

### DAY 5 - COMBO

- ROUTINE x2
- 20 Squats/20 Sumo Squats
- 30 Standing Oblique Twists
- ROUTINE x2
- 20 Push-Ups
- 50 Jumping Jacks
- ROUTINE x2
- March in place 20 seconds
- Stretch and relax.

### DAY 6 - YOUR CHOICE

Choose from days 1-5  
for today's workout!

What's your problem area?

LEGS • ABS  
ARMS • CARDIO

## DAY 7 - REST and RELAX