## **TOTAL FITNESS** MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 1 10 min walk REST 15 min cycle 10 min walk 15 min cycle 10 min walk 15 min cycle 10 push-ups 10 stomach crunch 10 push-ups 10 stomach 10 push-ups 10 stomach DAY 10 squats 10 weight-lifting 10 squats crunch 10 squats crunch 10 weight-lifting 10 deadlifts chest 10 deadlifts 10 deadlifts 10 weight-lifting chest chest WEEK 2 5 min run 10 min yoga 5 min run 10 min yoga 5 min run 10 min yoga REST 10 push-ups 10 stomach crunch 10 push-ups 10 stomach 10 push-ups 10 stomach DAY 10 squats 10 weight-lifting 10 squats crunch 10 squats crunch 10 deadlifts chest 10 deadlifts 10 weight-lifting 10 deadlifts 10 weight-lifting chest chest WEEK 3 10 min walk 15 min cycle 10 min walk 15 min cycle 10 min walk 15 min cycle REST 10 push-ups 10 stomach crunch 10 push-ups 10 stomach 10 push-ups 10 stomach DAY 10 weight-lifting crunch 10 squats 10 squats 10 squats crunch 10 deadlifts 10 deadlifts 10 weight-lifting 10 deadlifts 10 weight-lifting chest chest chest 10 min yoga 10 stomach crunch 10 min yoga WEEK 4 10 min yoga REST 5 min run 5 min run 5 min run 10 push-ups 10 squats 10 stomach DAY 10 push-ups 10 push-ups 10 stomach 10 squats 10 weight-lifting 10 squats crunch crunch 10 deadlifts 10 deadlifts 10 weight-lifting 10 deadlifts 10 weight-lifting chest chest chest WEEK 5 15 min cycle 10 min walk 10 push-ups 10 stomach crunch 10 squats 10 weight-lifting 10 deadlifts chest