

Total Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	15 situps 5 crunches leg 5 raises 10s plank	20 situps 8 crunches leg 8 raises 12s plank	25 situps 10 crunches 10 leg raises 15s plank	REST DAY	30 situps 12 crunches 12 leg raises 20s plank	35 situps 15 crunches 15 leg raises 25s plank	40 situps 20 crunches 20 leg raises 30s plank
WEEK 2	REST DAY	45 situps 30 crunches 30 leg raises 38s plank	50 situps 50 crunches 30 leg raises 38s plank	55 situps 65 crunches 33 leg raises 42s plank	REST DAY	60 situps 75 crunches 40 leg raises 50s plank	65 situps 85 crunches 42 leg raises 55s plank
WEEK 3	70 situps 95 crunches 42 leg raises 60s plank	REST DAY	75 situps 100 crunches 42 leg raises 65s plank	80 situps 110 crunches 48 leg raises 70s plank	85 situps 120 crunches 50 leg raises 75s plank	REST DAY	90 situps 130 crunches 52 leg raises 80s plank
WEEK 4	95 situps 140 crunches 55 leg raises 85s plank	100 situps 150 crunches 58 leg raises 90s plank	REST DAY	105 situps 160 crunches 60 leg raises 95s plank	110 situps 170 crunches 60 leg raises 100s plank	115 situps 180 crunches 62 leg raises 110s plank	REST DAY
WEEK 5	120 situps 190 crunches 62 leg raises 115s plank	125 situps 200 crunches 65 leg raises 120s plank					

Workout Plan