

Total Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	10 leg raise 10 crunches 10 push-ups 15 sit upstairs 25 squats 20s planks	10 leg raise 10 crunches 10 push-ups 15 sit upstairs 25 squats 20s planks	12 leg raise 12 crunches 12 push-ups 20 sit upstairs 20 squats 30s planks	REST DAY	15 leg raise 15 crunches 15 push-ups 20 sit upstairs 20 squats 30s planks	15 leg raise 15 crunches 15 push-ups 20 sit upstairs 35 squats 40s planks	17 leg raise 17 crunches 17 push-ups 25 sit upstairs 35 squats 40s planks
WEEK 2	17 leg raise 17 crunches 17 push-ups 25 sit upstairs 35 squats 45s planks	REST DAY	20 leg raise 20 crunches 20 push-ups 25 sit upstairs 35 squats 45s planks	20 leg raise 20 crunches 20 push-ups 25 sit upstairs 40 squats 1 min planks	25 leg raise 20 crunches 20 push-ups 30 sit upstairs 40 squats 1 min planks	25 leg raise 25 crunches 20 push-ups 30 sit upstairs 40 squats 1 min planks	REST DAY
WEEK 3	30 leg raise 25 crunches 22 push-ups 35 sit upstairs 45 squats 1.5 min planks	30 leg raise 25 crunches 20 push-ups 30 sit upstairs 40 squats 1.5 min planks	35 leg raise 30 crunches 22 push-ups 35 sit upstairs 45 squats 1.5 min planks	35 leg raise 30 crunches 22 push-ups 40 sit upstairs 50 squats 2 min planks	REST DAY	40 leg raise 30 crunches 25 push-ups 40 sit upstairs 50 squats 2 min planks	40 leg raise 35 crunches 25 push-ups 40 sit upstairs 50 squats 2.5 min planks
WEEK 4	40 leg raise 35 crunches 25 push-ups 40 sit upstairs 50 squats 2.5 min planks	40 leg raise 35 crunches 25 push-ups 45 sit upstairs 55 squats 3 min planks	REST DAY	45 leg raise 40 crunches 27 push-ups 45 sit upstairs 55 squats 3 min planks	45 leg raise 40 crunches 27 push-ups 50 sit upstairs 60 squats 3.5 min planks	45 leg raise 40 crunches 27 push-ups 50 sit upstairs 60 squats 3.5 min planks	45 leg raise 45 crunches 27 push-ups 50 sit upstairs 60 squats 4 min planks
WEEK 5	REST DAY	50 leg raise 50 crunches 30 push-ups 60 sit upstairs 60 squats 4 min planks					

Workout Plan