



Total Fitness

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

Workout Plan