

28 DAY MUSCLE GAIN CHALLENGE

MONDAY

20 Squats
15 Sec Plank
25 Crunches
35 Jumping Jacks
25 Lunges
25 Sec Wall Sit
20 Sit Ups
20 Butt Kicks
25 Push Ups



TUESDAY

10 Squats
30 Sec Plank
25 Crunches
10 Jumping Jacks
25 Lunges
45 Sec Wall Sit
35 Sit Ups
20 Butt Kicks
10 Push Ups



WEDNESDAY

35 Squats
40 Sec Plank
30 Crunches
50 Jumping Jacks
25 Lunges
35 Sec Wall Sit
30 Sit Ups
25 Butt Kicks
10 Push Ups



THURSDAY

35 Squats
30 Sec Plank
20 Crunches
25 Jumping Jacks
15 Lunges
60 Sec Wall Sit
55 Sit Ups
35 Butt Kicks
20 Push Ups



FRIDAY

25 Squats
30 Sec Plank
20 Crunches
25 Jumping Jacks
15 Lunges
60 Sec Wall Sit
55 Sit Ups
35 Butt Kicks
20 Push Ups



SAT/SUN

REST DAY



Better Me.