

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Arms	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5
Week 1 Abs	Walking Planks: 5	Reverse Crunch: 5	Plank: 1 min	Leg Raises: 5	Mountain Climbers: 5	Russian Twists: 5
Legs	Squats: 8	Lunges: 8	Jump Squats: 4	Side Lunges: 8	Sumo Squats: 8	Wall-sit: 1:30 min
Arms	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5
Week 2 Abs	Walking Planks: 10	Reverse Crunch: 10	Plank: 1:15 min	Leg Raises: 10	Mountain Climbers: 10	Russian Twists: 10
Legs	Squats: 16	Lunges: 16	Jump Squats: 8	Side Lunges: 16	Sumo Squats: 16	Wall-sit: 1:45 min
Arms	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5
Week 3 Abs	Walking Planks: 15	Reverse Crunch: 15	Plank: 1:30 min	Leg Raises: 15	Mountain Climbers: 15	Russian Twists: 15
Legs	Squats: 24	Lunges: 24	Jump Squats: 12	Side Lunges: 24	Sumo Squats: 24	Wall-sit: 2:00 min
Arms	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5
Week 4 Abs	Walking Planks: 20	Reverse Crunch: 20	Plank: 1:45 min	Leg Raises: 20	Mountain Climbers: 20	Russian Twists: 20
Legs	Squats: 32	Lunges: 32	Jump Squats: 16	Side Lunges: 32	Sumo Squats: 32	Wall-sit: 2:15 min
Arms	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5	Push-ups: 5
Week 5 Abs	Walking Planks: 25	Reverse Crunch: 25	Plank: 2 mins	Leg Raises: 25	Mountain Climbers: 25	Russian Twists: 25
Legs	Squats: 40	Lunges: 40	Jump Squats: 20	Side Lunges: 40	Sumo Squats: 40	Wall-sit: 2:30 min