

	SUNDAY	MUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
• JUMPING JACKS							
• HIGH STEPPING							
• ST BC CRUNCH							
• MOUNTAIN CLIMBERS							
• LEG RAISES							
• LEG CRUNCHES							
• RAISING LEG CRUNCHESS							
• PLANK							
• INCLINED PUSHUPS							
• TRICEPS PRESS							
• SHOULDER TAPS							
• TOE TOUCH							
• HEAD TO TOE							
• DECLINED WALL STAND							
• SQUATS							
• TRIANGLE SQUATS							
• LUNGS (R)							
• LUNGES(L)							

WEIGHT :

