



SAMPLE WORKOUT



ACTIVITY	REPS
DAY 1 <ul style="list-style-type: none">• 75 PUSH UPS• 75 SIT-UPS• 50 BURPEES• 100 JUMPING JACKS• 1 MIN PLANK = 50 REP	350
DAY 2 <ul style="list-style-type: none">• 25 BUTT KICKS• 25 TRUNK TWISTS• 25 JUMP SQUATS• 25 DONKEY KICKS	100
DAY 3 <ul style="list-style-type: none">• 50 SQUATS• 25 BICYCLE CRUNCHES• 50 TOE TOUCHES• 25 BRIDGES• 50 CALF RAISES	200
DAY 4 <ul style="list-style-type: none">• 1 MINUTE WALL SIT (50 REPS)• 5 BURPEES• 15 STAR JUMPS• 15 SQUAT JUMPS• 15 PUSH-UPS	100
DAY 5 <ul style="list-style-type: none">• 1 MINUTE PLANK (50 REPS)• 25 TRUNK TWISTS• 50 JUMPING JACKS• 50 TOE TOUCHES• 25 LUNGES	200
DAY 6 <ul style="list-style-type: none">• 15 STAR JUMPS• 25 PUSH-UPS• 25 SIT-UPS• 25 DONKEY KICKS• 10 BURPEES	100