

BEGINNER'S WORKOUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1-3 SETS 15 SECS HIGH KNEES <hr/> 20 SECS JUMPING JACKS <hr/> 20 SECS ARM CIRCLES IN EACH DIRECTION <hr/> 10 PUSH-UPS <hr/> 10 CRUNCHES <hr/> 20 SECS PLANK	20-30 MINS CARDIO	1-3 SETS 20 SECS HIGH KNEES <hr/> 15 SQUATS <hr/> 10 FRONT LUNGES EACH LEG <hr/> 10 SIDE CRUNCHES EACH SIDE <hr/> 20 BICYCLE CRUNCHES <hr/> 25 SECS PLANK	20-30 MINS CARDIO	1-3 SETS 25 SECS HIGH KNEES <hr/> 25 SECS JUMPING JACKS <hr/> 15 SQUATS <hr/> 10 PUSH-UPS <hr/> 10 CRUNCHES <hr/> 25 BICYCLE CRUNCHES	20-30 MINS CARDIO	REST

ADVANCED WORKOUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2-4 SETS 15 PUSH-UPS <hr/> 30 SECS SQUAT JUMPS <hr/> 30 SECS LUNGE SPLIT JUMPS <hr/> 10 CHAIR DIPS <hr/> 30 SECS RUSSIAN TWISTS <hr/> 30 SECS PLANK	30-45 MINS CARDIO	2-4 SETS 15 PUSH-UPS <hr/> 25 CALF RAISES <hr/> 30 SECS LUNGE SPLIT JUMPS <hr/> 15 CHAIR DIPS <hr/> 15 SIT-UPS <hr/> 40 SECS RUSSIAN TWISTS	30-45 MINS CARDIO	2-4 SETS 30 SECS JUMPING JACKS <hr/> 15 PUSH-UPS <hr/> 30 SECS SQUAT JUMPS <hr/> 15 REVERSE LUNGES EACH SIDE <hr/> 20 SIT-UPS <hr/> 45 SECS BICYCLE CRUNCHES	30-45 MINS CARDIO	REST