



Monday

15 Min Cardio

**Squats 4X15
20 Jumping Jacks
Push-ups 4X10
30 Second Plank
Lunges 4X15
30 Jumping Jacks**

Stretch 5-10 Min

Tuesday

30 Min Cardio

**25 Crunches X4
25 Leg Raises X4
25 Suitcases X4**

Stretch 5-10 Min

Wednesday

15 Min Cardio

**Squats 4X15
30 Sec Wall Sit
Walk Lunges 4X12
Stiff Leg Dead Life 4X10**

Stretch 5-10 Min

Thursday

30 Min Cardio

**25 Crunches X4
25 Leg Raises X4
25 Suitcases X4**

Stretch 5-10 Min

Friday

15 Min Cardio

**Squats 4X15
Fence (under) 4X10
Donkey Kicks 4X15
(each side)
Side Kicks 4X15
(each side)**

Stretch 5-10 Min

Saturday

30 Min Cardio

**25 Crunches X4
25 Leg Raises X4
25 Suitcases X4**

Stretch 5-10 Min

Sunday

Rest

**Restorative
Yoga 10-60 Min
(optional)**