

	Week of			Week of			Week of			Week of		
	Set 1	set 2	set 3	Set 1	set 2	set 3	Set 1	set 2	set 3	Set 1	set 2	set 3
Monday												
Wall sits	1 min	45 sec	30 sec	1 min	45 sec	30 sec	1.5 min	1 min	45 sec	2 min	1.5 min	45 sec
Standing lunge	15 each	12	10	15 each	12	10	20 each	15	10	20 each	15	10
Step ups	25 each	20	15	25 each	20	15	35 each	30	25	35 each	30	25
Single Leg calf raises	25 each	20	15	25 each	20	15	35 each	30	25	35 each	30	25
Walking Lunges with twist	15 each	12	10	15 each	12	10	15 each	12	10	15 each	12	10
Wide Leg squat holds	30 sec	25 sec	20 sec	30 sec	25 sec	20 sec	40 sec	30 sec	20 sec	40 sec	30 sec	20 sec
Crunches with feet low	12	12	12	15	12	12	15	15	12	15	15	15
Accordians	12	12	12	15	12	12	15	15	12	15	15	15
Rusian Twists	12	12	12	15	12	12	15	15	12	15	15	15
flutter kicks	12	12	12	15	12	12	15	15	12	15	15	15
scissor kicks	12	12	12	15	12	12	15	15	12	15	15	15
Wednesday												
Push ups close hands	10	8	6	12	10	8	15	12	8	15	12	10
Dips hands behind	15	12	10	15	12	10	20	15	10	20	15	12
Push ups on bench	15	12	10	15	12	10	20	15	10	20	15	12
Dips hands side	15	12	10	15	12	10	20	15	10	20	15	12
Wall push up with clap	15	12	10	15	12	10	20	15	10	20	15	12
Crunch with feet high	12	12	12	15	12	12	15	15	12	15	15	15
Froggers	12	12	12	15	12	12	15	15	12	15	15	15
Blades left	12	12	12	15	12	12	15	15	12	15	15	15
Blades right	12	12	12	15	12	12	15	15	12	15	15	15
Toe touch left	12	12	12	15	12	12	15	15	12	15	15	15
Toe touch right	12	12	12	15	12	12	15	15	12	15	15	15
Friday												
Plank	1 min	45 sec	30 sec	1 min	45 sec	30 sec	1 min	50 sec	45 sec	1 min	50 sec	45 sec
Bridging	15	12	10	15	12	10	20	15	10	20	15	12
Supermans	15	12	10	15	12	10	20	15	10	20	15	12
Side planks right	30 sec	25 sec	20 sec	30 sec	25 sec	20 sec	45 sec	30 sec	25 sec	45 sec	30 sec	25 sec
Side planks left	30 sec	25 sec	20 sec	30 sec	25 sec	20 sec	45 sec	30 sec	25 sec	45 sec	30 sec	25 sec
Crunches with feet in middl	12	12	12	15	12	12	15	15	12	15	15	15
Obliques right over left	12	12	12	15	12	12	15	15	12	15	15	15
Obliques left over right	12	12	12	15	12	12	15	15	12	15	15	15
Russian twists	12	12	12	15	12	12	15	15	12	15	15	15
Bicycles	12	12	12	15	12	12	15	15	12	15	15	15