

Ten Week Workout Plan

Monday

150 Jumping Jacks
50 Crunches
20 Tricep Dips
15 Squats
20 Lunges (each leg)
70 Russian Twists
20 Standing Calf Raises
5 Push-ups
30 Second Plank
10 Lunge Split Jumps

Wednesday

90 Jumping Jacks
20 Tricep Dips
10 Sit-Ups
30 Bird-Dogs
30 Second Plank
30 Squats
40 Crunches
10 Oblique Crunches (Each Side)
20 Standing Calf Raises

Friday

60 Jumping Jacks
40 Crunches
10 Sit-Ups
10 Tricep Dips
20 Side Lunges (Each Side)
15 Incline Push-Ups
10 Oblique Crunches (Each Side)
30 Butt Kickers
5 Jump Squats
15 Jack Knife Sit-Ups

Sunday

45 Jumping Jacks
15 Squats
5 Jump Squats
50 Russian Twists
30 Second Plank
10 Standing Calf Raises
5 Kneeling Push-Ups
30 Seconds Superman
10 Lunges (Each Leg)
40 Crunches

Tuesday

80 Jumping Jacks
50 Vertical Leg Crunches
20 Sit-Ups
15 Tricep Dips
20 Squats
10 Side Lunges (Each Leg)
15 Leg Lifts (Each Leg)
50 Bicycles
15 Wall Push-Ups
40 Russian Twists

Thursday

100 Jumping Jacks
25 Vertical Leg Crunches
20 Squats
20 Wall Push-Ups
50 Russian Twists
15 Second Side Plank (Each Side)
10 Lunge Split Jumps
5 Jump Squats
40 High Knees

Saturday

50 Jumping Jacks
20 Squats
100 Russian Twists
5 Kneeling Push-Ups
1 Minute Downward Dog
15 Jack Knife Sit-Ups
10 Lunges (Each Leg)
10 Side Lunges (Each Side)
20 Bird-Dogs
20 Inner Thigh Lifts (Each Leg)

Cardio (by week)

1 1 min run, 2 min walk (7x)
2 2 min run, 2 min walk (5x)
3 3 min run, 2 min walk (4x)
4 5 min run, 2 min walk (3x)
5 6 min run, 90 sec walk (3x)
6 8 min run, 90 sec walk (2x)
7 10 min run, 90 sec walk (2x)
8 12 min run, 1 min walk,
9 8 min run 15 min run,
1 min walk, 5 min run 10 Run
10 20 minutes continuously