WEEKLY WORKOUT

MONDAY

100 jumping jacks

20 crunches

20 tricep dips

15 squats

20 lunges (ea leg)

70 Russian twists

20 standing calf rises

5 push-ups

30 seconds plank

10 lunge split jumps

TUESDAY

80 jumping jacks

50 vertical leg crunches

20 sit-ups

15 tricep dips

20 squats

10 side lunges (ea leg)

15 leg lifts (ea leg)

50 bicycles

15 wall push-ups

50 Russian twists

WEDNESDAY

90 jumping jacks

20 tricep dips

10 sit-ups

30 bird-dogs

30 seconds plank

30 squats

15 incline push-ups

40 crunches

10 oblique crunches (ea side)

20 standing calf rises

THURSDAY

100 jumping jacks

25 vertical leg crunches

30 crunches

20 squats

20 wall push-ups

50 Russian twists

15 second side plank (ea side)

10 lunge split jumps

5 jump squads

40 high knees

FRIDAY

60 jumping jacks

40 crunches

10 sit-ups

10 tricep dips

20 side lunges (ea side)

15 incline push-ups

10 oblique crunches (ea side)

30 butt kickers

5 jump squats

15 jack knife sit-ups

SATURDAY

50 jumping jacks

20 squats

100 Russian twists

5 kneeling push-ups

1 minute downward dog

15 jack knife sit-ups

10 lunges (ea leg)

10 side lunges (ea side)

20 bird-dogs

20 inner thigh lifts (ea leg)

SUNDAY

45 jumping jacks

15 squats

5 jump squats

50 Russian twists

30 seconds plank

10 standing calf rises

5 kneeling push-ups

30 seconds Superman

10 lunges (ea leg)

40 crunches