

# Amazing Arms & Abs

| Sunday | Monday                                                                                             | Tuesday                                                                                                               | Wednesday                                                                                          | Thursday                                                                                                              | Friday                                                                                             | Saturday                                                                                                              |
|--------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Off    | 10 Min Cardio<br>3x 5 push ups<br>3x chair dips<br>Arm circles<br>30 forward<br>30 backward        | 3x 30 plank<br>20 reverse<br>cunches<br>20 leg lowers<br>20 toe touches                                               | 10 Min Cardio<br>3x 5 pushups<br>3x chair dips<br>Arm circle<br>30 forward<br>30 backward          | 3x 30 plank<br>20 reverse<br>cunches<br>20 leg lowers<br>20 toe touches                                               | 10 Min Cardio<br>3x 5 pushups<br>3x chair dips<br>Arm circle<br>30 forward<br>30 backward          | 3x 30 plank<br>20 reverse<br>cunches<br>20 leg lowers<br>20 toe touches                                               |
| Off    | 12 Min Cardio<br>3x 8 push ups<br>3x chair dips<br>Arm Circles<br>40 forward<br>40 backward        | 3x 45 plank<br>1x 30 side<br>plank R/L<br>25 reverse<br>cunches<br>25 leg lowers<br>25 toe touches<br>20 Bicycles     | 12 Min Cardio<br>3x 8 push ups<br>3x chair dips<br>Arm Circles<br>40 forward<br>40 backward        | 3x 45 plank<br>1x 30 side<br>plank R/L<br>25 reverse<br>cunches<br>25 leg lowers<br>25 toe touches<br>20 Bicycles     | 12 Min Cardio<br>3x 8 push ups<br>3x chair dips<br>Arm Circles<br>40 forward<br>40 backward        | 3x 45 plank<br>1x 30 side<br>plank R/L<br>25 reverse<br>cunches<br>25 leg lowers<br>25 toe touches<br>20 Bicycles     |
| Off    | 15 Min Cardio<br>3x 10 push ups<br>3x 12 chair dips<br>Arm Circles<br>50 forward<br>50 backward    | 3x 1:00 plank<br>1x 45 side<br>plank R/L<br>30 reverse<br>cunches<br>30 leg lowers<br>30 toe touches<br>30 Bicycles   | 15 Min Cardio<br>3x 10 push ups<br>3x 12 chair dips<br>Arm Circles<br>50 forward<br>50 backward    | 3x 1:00 plank<br>1x 45 side<br>plank R/L<br>30 reverse<br>cunches<br>30 leg lowers<br>30 toe touches<br>30 Bicycles   | 15 Min Cardio<br>3x 10 push ups<br>3x 12 chair dips<br>Arm Circles<br>50 forward<br>50 backward    | 3x 1:00 plank<br>1x 45 side<br>plank R/L<br>30 reverse<br>cunches<br>30 leg lowers<br>30 toe touches<br>30 Bicycles   |
| Off    | 15 Min Cardio<br>4x 8 push ups<br>4x 10 chair dips<br>Arm Circles<br>1:00 forward<br>1:00 backward | 4x 1:00 plank<br>1x 1:00 side<br>plank R/L<br>30 reverse<br>cunches<br>30 leg lowers<br>30 toe touches<br>40 Bicycles | 15 Min Cardio<br>4x 8 push ups<br>4x 10 chair dips<br>Arm Circles<br>1:00 forward<br>1:00 backward | 4x 1:00 plank<br>1x 1:00 side<br>plank R/L<br>30 reverse<br>cunches<br>30 leg lowers<br>30 toe touches<br>40 Bicycles | 15 Min Cardio<br>4x 8 push ups<br>4x 10 chair dips<br>Arm Circles<br>1:00 forward<br>1:00 backward | 4x 1:00 plank<br>1x 1:00 side<br>plank R/L<br>30 reverse<br>cunches<br>30 leg lowers<br>30 toe touches<br>40 Bicycles |