

Weekly Workout Plan Checklist

If you're between 18 and 45 years of age and have an average level of fitness, this workout—designed by fitness expert Lana Titus—is for you.

- | | |
|---|--|
| <input type="checkbox"/> Do 30 minutes of cardio | <input type="checkbox"/> Bicep curls, 10 reps |
| <input type="checkbox"/> Triceps kick-backs, 10 reps | <input type="checkbox"/> Shoulder presses, 10 reps |
| <input type="checkbox"/> Repeat this circuit two more times. | <input type="checkbox"/> Crunches, 20 reps |
| <input type="checkbox"/> Bicycle crunches, 20 reps | <input type="checkbox"/> Oblique crunches, 20 reps |
| <input type="checkbox"/> Plank, hold for 30 seconds | <input type="checkbox"/> Side plank, hold for 30 seconds on each side |
| <input type="checkbox"/> Walking lunges, 10 reps on each leg | <input type="checkbox"/> Wall squat, hold for 30 seconds and build up to 1 minute as you feel more comfortable |
| <input type="checkbox"/> Calf raises, 30 raises with both legs, then 15 on each leg | <input type="checkbox"/> Jump squat, 10 reps |
| <input type="checkbox"/> Repeat this circuit two more times. | <input type="checkbox"/> 30 minutes of cardio of your choice |
| <input type="checkbox"/> Rest. | |