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.

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

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