exercise routine

MONDAY

- [ ] 50 SQUATS
- [ ] 25 CRUNCHES
- [ ] 55 LUNGES
- [ ] 30 SECOND PLANK
- [ ] 50 JUMPING JACKS
- [ ] TUESDAY
- [ ] 60 SQUATS
- [ ] 35 CRUNCHES
- [ ] 65 LUNGES
- [ ] 30 SECOND PLANK
- [ ] 60 JUMPING JACKS
- [ ] WEDENSDAY
- [ ] 70 SQUATS
- [ ] 45 CRUNCHES
- [ ] 75 LUNGES
- [ ] 30 SECOND PLANK
- [ ] 70 JUMPING JACKS
- [ ] THURSDAY
- [ ] 80 SQUATS
- [ ] 55 CRUNCHES
- [ ] 85 LUNGES
- [ ] 30 SECOND PLANK
- [ ] 80 JUMPING JACKS
- [ ] FRIDAY
- [ ] 90 SQUATS
- [ ] 65 CRUNCHES
- [ ] 85 LUNGES
- [ ] 30 SECOND PLANK
- [ ] 90 JUMPING JACKS
- [ ] SATURDAY

- [ ] 100 SQUATS
- [ ] 75 CRUNCHES
- [ ] 95 LUNGES
- [ ] 30 SECOND PLANK
- [ ] 100 JUMPING JACKS
- [ ] SUNDAY
- [ ] 110 SQUATS
- [ ] 85 CRUNCHES
- [ ] 105 LUNGES
- [ ] 30 SECOND PLANK
- [ ] 110 JUMPING JACKS

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