

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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