

**DAY 1****X3**

10 Push up  
20s Plank  
10 Mt Climber  
10 Triceps Dip  
20 Sumo Squats

**DAY 2****X3**

10 Burpees  
20 Front Lunge  
20 Squats  
10 Side Lunges  
20 Donkey Kick

**DAY 3****Cardio**

30 to 45 minutes  
of Cardio of your  
Choice (jogging,  
Swimming, jump  
Rope, etc...)

**DAY 4****X3**

10 Crunches  
20 Russian Twist  
20s Plank  
10 Shoulder Tap  
20 Scissor Kick

**DAY 5****X3**

10 Jump Lunge  
20 Toe Tap  
20s Plank  
12 Dead Bug  
15s Side Plank

**DAY 6****X3**

10 Leg Extension  
20 Tabletop  
20 Bicycle  
12 Dead Bug  
10 Toe Crunches

**DAY 7****Chill**

Today is for you  
to stretch your  
muscles out and  
maybe enjoy a  
walk

**DAY 8****X3**

10 Push ups  
25s Plank  
12 Mt Climbers  
10 Triceps Dips  
20 Froggers

**DAY 9****X3**

12 Burpees  
20 Front Lunges  
30 Squats  
12 Side Lunges  
10 Jump Squats

**DAY 10****Cardio**

12 Burpees  
20 Front Lunges  
30 Squats  
12 Side Lunges  
10 Jump Squats

**DAY 11****X3**

12 Crunches  
20 Russian Twist  
25s Plank  
12 Shoulder Tap  
20 Heel Touches

**DAY 12****X3**

10 Jump Lunge  
20 Toe Tap  
20s Plank  
12 Dead Bug  
15s Side Plank

**DAY 13****X3**

10 Leg Extension  
20 Tabletop  
20 Bicycle  
12 Dead Bug  
10 Toe Crunches

**DAY 14****Chill**

Look up a  
yoga video for  
beginners to get  
rid of any  
soreness

**DAY 15****X3**

12 Push up  
30s Plank  
12 Mt Climbers  
12 Triceps Dips  
20 Sumo Squats

**DAY 16****X3**

12 Burpees  
20 Front Lunges  
35 Squats  
12 Side Lunges  
20 Donkey Kicks

**DAY 17****Cardio**

30 to 45 minutes  
of Cardio of your  
Choice (jogging,  
Swimming, jump  
Rope, etc...)

**DAY 18****X3**

15 Crunches  
20 Russian Twist  
30s Plank  
12 Shoulder Tap  
20 Scissor Kick

**DAY 19****X3**

12 Jump Lunge  
20 Toe Tap  
30s Plank  
12 Dead Bug  
20s Side Plank

**DAY 20****X3**

10 Leg Extension  
20 Tabletop  
20 Bicycle  
20 Dead Bug  
12 Toe Crunches

**DAY 21****Chill**

Today is for you  
to stretch your  
muscles out and  
maybe enjoy  
A walk

**DAY 22****X3**

15 Push ups  
35s Plank  
12 Mt Climbers  
12 Triceps Dips  
20 Sumo Squats

**DAY 23****X3**

12 Burpees  
20 Front Lunges  
35 Squats  
12 Side Lunges  
20 Donkey Kicks

**DAY 24****Cardio**

30 to 45 minutes  
of Cardio of your  
Choice (jogging,  
Swimming, jump  
Rope, etc...)

**DAY 25****X3**

15 Crunches  
20 Russian Twist  
30s Plank  
12 Shoulder Tap  
20 Scissor Kicks

**DAY 26****X3**

12 Jump Lunge  
20 Toe Tap  
30s Plank  
12 Dead Bug  
20s Side Plank

**DAY 27****X3**

12 Leg Extension  
20 Tabletop  
20 Bicycle  
20 Dead Bug  
12 Toe Crunches

**DAY 28****Chill**

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soreness