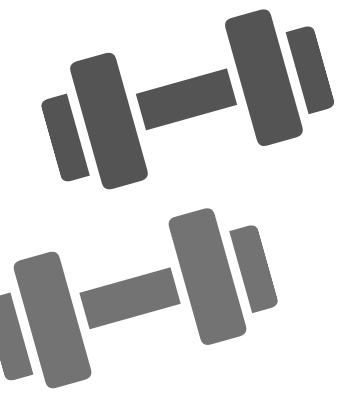


WEEKLY WORKOUT PLAN

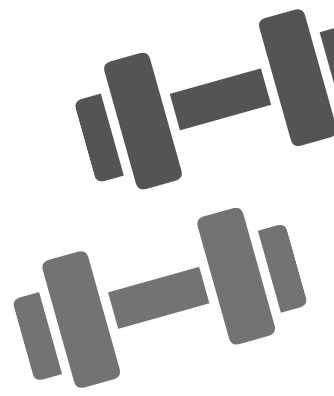


- 25 push-ups
- 50 squats (add weights for strength building)
- Seated squat with punches (add weights for strength building)
- 30 seconds- 1 min ab cycling
- 25 kickbacks (standing)
- 30 high knees
- 20 lunges
- 20 min cardio YouTube video
- 30 seconds – 1-minute jumping jacks or rope-less jump ropes

TWO-THREE REPS FOR A COMPLETE WORKOUT



WEEKLY WORKOUT



	ACTIVITY	TIME	SETS	REPS
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				