

Burn & Tone Challenge

Monday:

10 Squats
30 sec Plank
20 Crunches
15 Jumping
Jacks
20 Lunges
45 sec Wall Sit
30 Sit ups
10 Push ups
20 Butt Kicks

Thursday:

25 Squats
60 sec Plank
30 Crunches
55 Jumping
Jacks
60 Lunges
45 sec Wall Sit
40 Sit ups
50 Butt Kicks
30 Push Ups

Tuesday:

45 sec Plank
20 Squats
25 Crunches
35 Jumping
Jacks
15 Lunges
50 sec Wall sit
15 Sit ups
25 Butt Kicks
15 Push Ups

Friday:

15 Squats
40 sec Plank
50 Jumping
Jacks
30 Crunches
25 Lunges
30 Sit ups
35 sec Wall Sit
25 But Kicks
15 Push ups

Wednesday:

35 Squats
30 sec Plank
20 Crunches
25 Jumping
Jacks
15 Lunges
60 sec Wall Sit
55 Sit ups
35 Butt Kicks
20 Push ups

Saturday/Sunday: REST

For more cardio jump rope, jog, high knees, or jumping jacks for 30 seconds in place between each exercise.

Try to double (two sets) each day by week two and triple (three sets) by week three.



B A S I N
R E C R E A T I O N