

# November 13 - November 26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 sec plank 10 flutter kicks each leg 5 burpees 50 Russian twists 10 arm circles (each way) 10 lunges (each leg)	50 jumping jacks 10 straight leg raises 25 toe raises 10 v-ups 20 sumo squats 10 single leg drops (each leg)	30 sec side plank (each side) 20 squats 20 bicycle crunches (each side) 10 glute bridges 10 arm circles (each way) 30 sec wall sit (x2)	R E S T  D A Y	30 sec plank 50 jumping jacks 30 crunches 10 arm circles (each way) 10 lunges (each leg) 10 single leg drops (each leg)	8 burpees 15 squats 15 push ups 30 sec wall sit (x2) 50 Russian twists 30 crunches	30 sec side plank (each side) 10 straight leg circles (each way) 10 glute bridges 10 sit ups 20 sumo squats 15 arm circles (each way)
30 sec plank 25 toe raises 20 bicycle crunches (each side) 30 sec wall sit (x2) 10 v-ups 10 push ups	R E S T  D A Y	30 sec side plank (each side) 25 crunches 5 burpees 10 glute bridges 10 sit ups 10 lunges (each leg)	60 jumping jacks 10 push ups 30 sec wall sit (x2) 10 v-ups 10 arm circles (each way) 20 sumo squats	25 toe raises 20 bicycle crunches (each side) 10 glute bridges 10 lunges (each leg) 15 push ups 10 straight leg raises	R E S T  D A Y	30 sec plank 5 burpees 50 Russian twists 10 arm circles (each way) 10 sit ups 10 lunges (each leg)