

# January 1 - January 14

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|---|---|--|---|--|---|---|
| 10 push ups<br>20 jumping jacks<br>30 bicep curls<br>40 sec plank<br>30 bicep curls<br>20 jumping jacks<br>10 push ups<br><b>Take a break &amp; repeat</b>                            | 1 min plank<br>30 sec side plank (per side)<br>25 crunches<br>25 vertical leg crunches<br>20 Russian twists (per side)<br>25 suitcase crunches<br>25 leg raises | 60 sec wall sit<br>50 walking lunges<br>40 calf raises<br>30 squats<br>20 sumo squats<br>10 single leg drops (per side)<br>10 side kicks (per side)  | <b>Rest day</b><br>...<br>Bonus if you find a ab workout video, complete it, and send Whit the link   | 50 jumping jacks<br>10 push ups<br>5 burpees<br>15 tricep dips<br>5 burpees<br>30 sec side planks (per arm)<br>5 burpees<br>15 diamond push ups<br>5 burpees                                     | 40 jumping jacks<br>15 lying toe touches<br>3 leg raises<br>40 bicycle crunches<br>20 flutter kicks<br>10 suitcase crunches<br>3 leg raises<br>10 Russian twists (per side)<br>30 jumping jacks<br>45 sec plank | 50 glute bridges<br>50 donkey kicks (per side)<br>50 glute kickbacks (per side)<br>50 sec wall sit<br>50 sumo squats with leg raise<br><b>Take a break &amp; repeat</b> |
| 30 jumping jacks<br>5 burpees<br>5 push ups<br>10 chair dips<br>10 mountain climbers<br>10 bicep curls<br>40 jumping jacks<br>5 burpees<br>10 mountain climbers<br>1 min downward dog | <b>Rest day</b><br>...<br>Bonus if you find a yoga video, complete it, and send Whit the link   | 40 Russian twists<br>15 leg raises<br>20 v-crunches<br>15 crunches<br>10 single leg v-crunches<br>3 roll ups<br>40 butterfly push thrusts<br>15 small leg circles<br>15 big leg circles<br>20 single leg drops | 100 squats<br>90 walking lunges<br>80 mountain climbers<br>70 sumo squats<br>60 calf raises<br>50 glute bridges<br>40 curtsy lunges<br>30 step ups<br>20 squat jumps<br>10 burpress | 15 push ups<br>15 overhead presses<br>15 overhead arm clap<br>15 tricep dips<br>15 wall push ups<br>15 jumping jacks<br>15 t-raises<br>15 big arm circles<br>15 one arm side push ups (per side) | 30 knee up crunches<br>30 bicycle crunches<br>20 leg raises<br>30 flutter kicks<br>30 heel touches<br>1 min plank<br>20 supermen<br><b>Take a break &amp; repeat</b>  | <b>Rest day</b><br>...<br>Bonus if you find a leg workout video, complete it, and send Whit the link  |