



SUNDAY	MONDAY	TUESDAY	HUMP DAY	THURSDAY	FRIDAY	SATURDAY
1 	2 3~20 sec ElbowPlanks Push ups/Squats 5x each	3 2~20 sec Side Planks Push ups/Squats 5x each	4 3~20 sec 'Tall' Planks Push ups/Squats 5x each	5 2~30 sec Elbow Planks Push ups/Squats 5x each	6 2~30 sec Side Planks Push ups/Squats 5x each	7 2~30 sec 'Tall' Planks Push ups/Squats 5x each
8 3~20 sec Slow Climbers Push ups/Squats 10x each	9 2~20 sec Side Hip Dip Planks Push ups/Squats 10x each	10 3~20 sec Spidermans Push ups/Squats 10x each	11 3~20 sec Shoulder Tap Planks Push ups/Squats 10x each	12 2~20 sec Side Plank with Twist Push ups/Squats 10x each	13 2~30 sec Slow Climbers Push ups/Squats 10x each	14 2~30 sec Front Hip Dip Planks Push ups/Squats 10x each
15 1~40 sec Elbow Plank 10 Pushups 15 Squats	16 3~30 sec Plank Jacks 10 Pushups 15 Squats	17 3~30 sec Slow Climbers 10 Pushups 15 Squats	18 3~30 sec Spidermans 10 Pushups 15 Squats	19 3~30 sec Front Hip Dips 10 Pushups 15 Squats	20 3~30 sec Bear Crawl Planks 10 Pushups 15 Squats	21 3~30 sec Pillar to Plank 10 Pushups 15 Squats
22 1~50 sec Plank 10 Pushups 15 Sumo Squats	2 3~30 sec Heel Lift Planks 10 Pushups 15 Sumo Squats	24 3~30 sec Alt Twist Planks 10 Pushups 15 Sumo Squats	25 3~30 sec Swimmer Planks 10 Pushups 15 Sumo Squats	26 1~50 sec 'Tall' Plank 10 Pushups 15 Sumo Squats	27 2~40 sec Elbow Planks 10 Pushups 15 Sumo Squats	28 4~20 sec Side Leg Lift Planks 10 Pushups 15 Sumo Squats
29 1 Min Plank 10 Pushups 30 Curtsy Lunges	30 1 +? MIN PLANK 11 Burpees					