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SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 5 V-UPS 5 SQUATS 5 BURPEES 5 PUSHUPS	<b>2</b> 10 V-UPS 10 SQUATS 10 BURPEES 10 PUSHUPS	<b>3</b> 15 V-UPS 15 SQUATS 15 BURPEES 15 PUSHUPS	<b>4</b> 20 V-UPS 20 SQUATS 20 BURPEES 20 PUSHUPS
<b>5</b> 25 V-UPS 25 SQUATS 25 BURPEES 25 PUSHUPS	<b>6</b> 30 V-UPS 30 SQUATS 30 BURPEES 30 PUSHUPS	<b>7</b> REST DAY	<b>8</b> 35 V-UPS 35 SQUATS 35 BURPEES 35 PUSHUPS	<b>9</b> 40 V-UPS 40 SQUATS 40 BURPEES 40 PUSHUPS	<b>10</b> 45 V-UPS 45 SQUATS 45 BURPEES 45 PUSHUPS	<b>11</b> 50 V-UPS 50 SQUATS 50 BURPEES 50 PUSHUPS
<b>12</b> 45 V-UPS 30 SQUATS 45 BURPEES 45 PUSHUPS 15 JUMP SQUATS 1 MIN JUMP ROPE	<b>13</b> 30 V-UPS 25 SQUATS 40 BURPEES 40 PUSHUPS 20 JUMP SQUATS 1 MIN JUMP ROPE	<b>14</b> REST DAY	<b>15</b> 30 V-UPS 25 SITUPS 35 BURPEES 35 PUSHUPS 35 JUMP SQUATS 2 MIN JUMP ROPE	<b>16</b> 25 V-UPS 25 SITUPS 30 BURPEES 30 PUSHUPS 30 JUMP SQUATS 2 MIN JUMP ROPE	<b>17</b> 25 V-UPS 25 SITUPS 25 BURPEES 25 PUSHUPS 25 JUMP SQUATS 3 MIN JUMP ROPE	<b>18</b> 20 V-UPS 20 SITUPS 20 BURPEES 20 PUSHUPS 1 MIN PLANK 20 JUMP SQUATS 3 MIN JUMP ROPE
<b>19</b> 15 V-UPS 40 SITUPS 15 BURPEES 15 PUSHUPS 90 SEC PLANK 15 JUMP SQUATS 4 MIN JUMP ROPE	<b>20</b> 20 V-UPS 20 SITUPS 20 PUSHUPS 2 MIN PLANK 20 JUMP SQUATS 30 JUMPING JACKS 4 MIN JUMP ROPE	<b>21</b> REST DAY	<b>22</b> 10 DIPS 48 SITUPS 50 SQUATS 42 PUSHUPS 2 MIN PLANK 5 MIN JUMP ROPE	<b>23</b> 20 DIPS 50 SITUPS 55 SQUATS 35 PUSHUPS 2 MIN PLANK 6 MIN JUMP ROPE	<b>24</b> 30 DIPS 50 V-UPS 30 SITUPS 60 SQUATS 25 PUSHUPS 2 MIN PLANK 7 MIN JUMP ROPE	<b>25</b> 30 DIPS 30 V-UPS 30 SITUPS 60 SQUATS 30 PUSHUPS 2 MIN PLANK 8 MIN JUMP ROPE
<b>26</b> 35 DIPS 35 V-UPS 35 SITUPS 65 SQUATS 35 PUSHUPS 2 MIN PLANK 9 MIN JUMP ROPE	<b>27</b> 40 DIPS 40 V-UPS 40 SITUPS 70 SQUATS 40 PUSHUPS 2 MIN PLANK 10 MIN JUMP ROPE	<b>28</b> REST DAY	<b>29</b> 45 DIPS 45 V-UPS 45 SITUPS 75 SQUATS 45 PUSHUPS 3 MIN PLANK 11 MIN JUMP ROPE	<b>30</b> 50 DIPS 50 V-UPS 50 SITUPS 80 SQUATS 50 PUSHUPS 5 MIN PLANK 15 MIN JUMP ROPE		

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AT HOME**

