



Monday	Tuesday	Wednesday	Thursday	Friday
			1 1/4 Mile Walk Step Ups (1min) Reverse Lunges	2 1/4 Mile Walk Step Ups (1min) Reverse Lunges Squats
5 1/4 Mile Jog Split Squat Jump Pulse Squats Squat Jumps	6 Lateral Bounds Plank (30s) 5 Pushups Bear Crawls (30s)	7 1/4 Mile Run Burpees (30s) Bear Crawls (30s) Jumping Jacks (30s)	8 Lateral Bounds Plank (30s) 5 Pushups Bear Crawls (30s)	9 1/4 Mile Jog Split Squat Jump Pulse Squats Squat Jumps
12 Glute Bridges Jackknife Sit-Ups Fire Hydrants Burpees	13 1/4 Mile Jog Step Ups (1min) Side Star Planks (30s)	14 Spiderman Crunch Supermans Jackknife Sit-Ups Flutter Kicks	15 1/4 Mile Jog Step Ups (1min) Side Star Planks (30s)	16 Glute Bridges Jackknife Sit-Ups Fire Hydrants Burpees
19 1/2 Mile Jog Split Squat Jump Pulse Squats Squat Jumps	20 Lateral Bounds Plank (45s) 5 Pushups Bear Crawls (45s)	21 1/4 Mile Run Burpees (30s) Bear Crawls (30s) Jumping Jacks (30s)	22 Lateral Bounds Plank (45s) 5 Pushups Bear Crawls (45s)	23 1/2 Mile Jog Split Squat Jump Pulse Squats Squat Jumps
26 Glute Bridges Jackknife Sit-Ups Fire Hydrants Burpees	27 1/4 Mile Run Step Ups (1min) Side Star Planks (40s)	28 Spiderman Crunch Supermans Jackknife Sit-Ups Flutter Kicks	29 1/4 Mile Run Step Ups (1min) Side Star Planks (40s)	30 Glute Bridges Jackknife Sit-Ups Fire Hydrants Burpees

On weekends, make sure to actively rest by performing light exercises that stimulate the recovery process such as swimming, walking, or cycling.

Aim for 3 sets of 10 repetitions for each movement unless otherwise stated. Utilize the internet to look up movements and their proper forms to avoid injury.

