

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 20 pushups 20 air-squats 20 leg raises 2 planks 1 minute each	2 30 crunches 20 lunges 15 Tricep dips 30 sec wall sit (3)	3
4	5 Walk 20 minutes 25 push-ups 25 Air Squats 25 leg raises	6 35 crunches 25 lunges 20 tri-cep dips 4 planks 30 sec each	7 Pick an activity Example Walk Dog, Ride Bike, Play basketball, etc Outside Exercising	8 Walk 20 minutes 30 pushups 30 Air Squats 30 leg Raises	9 40 crunches 30 lunges 25 tri-cep dips 4 planks 30 sec each	10
11	12 Walk 20 minutes 35 pushups 35 air Squats 30 leg raises	13 40 crunches 30 lunges 25 tri-cep dips 4 planks 45 sec each	14 Pick an activity Example Walk Dog, Ride Bike, Play basketball, etc Outside Exercising	15	16	17