

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Push Ups Scissor kicks Mt. climbers Hold up inst.	2 Warm-up. alternate 90 seconds jogging- 2 minutes walking for 20 minutes
3 Squats Calf-raises Lunges Hold up inst.	4	5 Warm-up, then do 2 reps: jog 90 seconds-walk 90 seconds0 jog 3 min.- walk 3 minutes	6 Flutter kicks High knees Sit-ups Hold up inst.	7 Warm-up, then do 2 reps: jog 90 seconds-walk 90 seconds0 jog 3 min.- walk 3 minutes	8 Scissor kicks Push ups Straight leg dead lifts Hold up inst.	9 Warm-up, then do 2 reps: jog 90 seconds-walk 90 seconds-jog 3 min.- walk 3 minutes
10 Crunches Sit ups Planks Hold up inst.	11	12 Warm-up. Jog 3 min-walk 90 sec.- jog 5 min- walk 2.5 min.-jog 3 min- walk 90 secs.-jog 5 min	13 Crab walk Mt. climbers Lunges Hold up inst.	14 Warm-up. Jog 3 min-walk 90 sec.- jog 5 min- walk 2.5 min.-jog 3 min- walk 90 secs.-jog 5 min	15 Crunches Squats Push ups Hold up inst.	16 Warm-up. Jog 3 min-walk 90 sec.- jog 5 min- walk 2.5 min.-jog 3 min- walk 90 secs.-jog 5 min
17 Scissor kicks Squats High knees Hold up inst.	18	19 Warm-up, jog 5 min-walk 3 min.- jog 5 min.- walk 3 min.- jog 5 min.	20 Leg lifts Sit ups Push ups Hold up inst.	21 Warm-up, jog 5 min-walk 3 min.- jog 5 min.- walk 3 min.- jog 5 min.	22 Mt. climbers Jump squats Bear crawls Hold up inst.	23 Warm-up, jog 5 min-walk 3 min.- jog 5 min.- walk 3 min.- jog 5 min.
24 Planks Toe touch crunches Crab walk Hold up inst.	25	26 Warm-up. Jog 5 min., walk 3 min.- jog 8 min-walk 3 min,-jog 5 min.	27 Flutter kicks Jump squats Lunges Hold up inst.	28 Warm-up. Jog 5 min., walk 3 min.- jog 8 min-walk 3 min,-jog 5 min.	29 Push Ups Scissor kicks Mt. climbers Hold up inst.	30 Warm-up. Jog 5 min., walk 3 min.- jog 8 min-walk 3 min,-jog 5 min.