

Variety Work-Out Plan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			10 sit-ups 4 push-ups 10s plank x3	Chest presses Bicep curls Tricep extensions Single Arm Row Bends x2 or 3	Stretchy yoga video	Break Day
15 sit-ups 5 push-ups 15s plank x3 walk 3 laps	The "Harry Potter Workout"!	Sun Salutation B Walk 1 lap around block Sun Salutation B	15 minutes jogging in place	8 Pulsing Squats 15 Arm circles w/ dumbbells 15 crunches 5 wide pushups x3	POP Pilates Workout video	Break Day
15 jumping jacks 20 lunges each leg	20 sit-ups 6 push-ups 15s plank x2 or 3	Couch to 5K App around the park	Yoga Ab Video	"inception Workout"	SELF "Reach Your Goal" Workout	Break Day
20 crunches 15 sit-ups x2 or 3	Couch to 5K App	Chest presses Bicep curls Tricep extensions Single Arm Row Bends x2 or 3	25 sit-ups 6 push-ups 20s plank x2 or 3	Sun Salutation B Walk 1 lap Sun Salutation B	25 jumping jacks 10 reverse crunches x2 or 3	Break Day
Full Boyd Yoga Video	25 sit-ups 7 push-ups 20s plank x2 or 3	15 minutes jogging in place	The "Harry Potter Workout"!	8 Pulsing Squats 15 Arm circles w/ dumbbells 15 crunches 5 wide pushups x3	15 leg lifts 10 crunches 8 push-ups x2 or 3	Break Day