


















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 25 Superset 3 exercises <div> <div>Push-ups + Squats + Bent Over Row</div> <div>Step-ups + Bicep Curls + Lunges</div> <div>Push-ups + Step-ups + Back Extensions</div> <div>Crunches + Flutter Kicks + Bridge</div> </div> 3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs	Day 26 Cardio day Just keep swimming... Or running 	Day 27 Superset 3 exercises <div> <div>Squats + Shoulder Press + Front Raisesr Row</div> <div>Lunges + Push-ups + Lateral Raises</div> <div>Step-ups + Bent Over Row + Dips</div> <div>Isometric Crunches + Plank + Bridge</div> </div> 3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs	Day 28 Cardio Day Hopefully you've increased your cardio time as per the cardio plan, and are doing well! 	Day 29 Superset 3 exercises <div> <div>Lunges + Push-ups + Back Extension</div> <div>Lunges + Bent Over Row Front Raises</div> <div>Step-Ups + Dips Lateral Raises</div> <div>Flutter Kicks + Bridge Crunches</div> </div> 3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs	Day 30 Cardio Day Enjoy a fun day cycling or try out a park run for fun 	YOUR WELL-EARNED DAY OF REST! 
Day 31 Superset 3 exercises <div> <div>Push-ups + Squats + Bent Over Row</div> <div>Step-ups + Bicep Curls + Lunges</div> <div>Push-ups + Step-ups + Back Extensions</div> <div>Crunches + Flutter Kicks + Bridge</div> </div> 3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs	Day 32 Cardio day Cardio Day If you are looking for an alternative cardio exercise, skipping at home is a great option! Just warm-up beforehand to prevent muscle injury 	Day 33 Superset 3 exercises <div> <div>Squats + Shoulder Press + Front Raisesr Row</div> <div>Lunges + Push-ups + Lateral Raises</div> <div>Step-ups + Bent Over Row + Dips</div> <div>Isometric Crunches + Plank + Bridge</div> </div> 3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs	Day 34 Cardio day Keep going! Exercising helps reduce stress levels and can actually improve your energy levels! 	Day 35 Superset 3 exercises <div> <div>Lunges + Push-ups + Back Extension</div> <div>Lunges + Bent Over Row Front Raises</div> <div>Step-Ups + Dips Lateral Raises</div> <div>Flutter Kicks + Bridge Crunches</div> </div> 3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs	Day 36 Cardio day Cardio Day Get out and enjoy what your city has to offer! Go for a brisk walk or run in a different park with your family this Saturday 	YOUR WELL-EARNED DAY OF REST! 



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 37 Superset 3 exercises and increase reps & time. Lift one leg off the ground for Push-ups, Planks & Dips <div> <div>Push-ups + Squats + Bent Over Row</div> <div>Step-ups + Bicep Curls + Lunges</div> <div>Push-ups + Step-ups + Back Extensions</div> <div>Crunches + Flutter Kicks + Bridge</div> </div> 3 sets of 12-15 Reps Hold time-based exercises for 45 – 60 seconds	Day 38 Cardio day Put on that Rocky music and try out some skipping! 	Day 39 Superset 3 exercises and increase reps & time. Lift one leg off the ground for Push-ups, Planks & Dips <div> <div>Squats + Shoulder Press + Front Raises</div> <div>Step-ups + Bicep Curls + Lunges</div> <div>Push-ups + Step-ups + Back Extensions</div> <div>Crunches + Flutter Kicks + Bridge</div> </div> 3 sets of 12-15 Reps Hold time-based exercises for 45 – 60 seconds	Day 40 Cardio Day Remember to keep hydrated! Take a water bottle with you if you're jogging, cycling or swimming at the local pool 	Day 41 Superset 3 exercises and increase reps & time. Lift one leg off the ground for Push-ups, Planks & Dips <div> <div>Lunges + Push-ups + Back Extension</div> <div>Lunges + Bent Over Row + Triceps Kickback</div> <div>Step-ups + Dips + Lateral Raises</div> <div>Flutter Kicks + Plank + Crunches</div> </div> 3 sets of 12-15 Reps Hold time-based exercises for 45 – 60 seconds	Day 42 Cardio Day Keep motivated and try something different – take the dogs for a walk or run 	YOUR WELL-EARNED DAY OF REST! 
Day 43 Superset 3 exercises and increase reps & time. Lift one leg off the ground for Push-ups, Planks & Dips <div> <div>Push-ups + Squats + Bent Over Row</div> <div>Step-ups + Bicep Curls + Lunges</div> <div>Push-ups + Step-ups + Back Extensions</div> <div>Crunches + Flutter Kicks + Bridge</div> </div> 3 sets of 12-15 Reps Hold time-based exercises for 45 – 60 seconds	Day 44 Cardio day Don't miss out on cardio, it's an important part of an exercise programme 	Day 45 Superset 3 exercises and increase reps & time. Lift one leg off the ground for Push-ups, Planks & Dips <div> <div>Squats + Shoulder Press + Front Raises</div> <div>Step-ups + Bicep Curls + Lunges</div> <div>Push-ups + Step-ups + Back Extensions</div> <div>Crunches + Flutter Kicks + Bridge</div> </div> 3 sets of 12-15 Reps Hold time-based exercises for 45 – 60 seconds	Day 46 Cardio day Keep going with the cardio plan! 	Day 47 Superset 3 exercises and increase reps & time. Lift one leg off the ground for Push-ups, Planks & Dips <div> <div>Lunges + Push-ups + Back Extension</div> <div>Lunges + Bent Over Row + Triceps Kickback</div> <div>Step-ups + Dips + Lateral Raises</div> <div>Flutter Kicks + Plank + Crunches</div> </div> 3 sets of 12-15 Reps Hold time-based exercises for 45 – 60 seconds	Day 48 Cardio day Feel great after a good brisk walk and/or jog 	You've completed the 8-week programme! Well done!! Keep going with the exercises and cardio to maintain what you've achieved! 