


















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																																
<p>Day 1</p> <table border="1"> <tr><td>Push-ups</td><td>Dips</td></tr> <tr><td>Lunges</td><td>Squats</td></tr> <tr><td>Step-ups</td><td>Calf Raises</td></tr> <tr><td>Kickbacks</td><td>Isometric Crunches</td></tr> <tr><td>Crunches</td><td>Flutter kicks</td></tr> </table> <p>3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs</p>	Push-ups	Dips	Lunges	Squats	Step-ups	Calf Raises	Kickbacks	Isometric Crunches	Crunches	Flutter kicks	<p>Day 2 Cardio day</p> <p>Enjoy a minimum of 20 minutes cycling, walking, or swimming at a slow pace. Download the cardio plan if you are going to start walking.</p> 	<p>Day 3</p> <table border="1"> <tr><td>Shoulder Press</td><td>Front Raises</td></tr> <tr><td>Lateral Raises</td><td>Lunges</td></tr> <tr><td>Squats</td><td>Calf Raises</td></tr> <tr><td>Back Extension</td><td>Bent Over Row</td></tr> <tr><td>Bridge</td><td>Plank</td></tr> <tr><td>Side Plank</td><td>Flutter kicks</td></tr> </table> <p>3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs</p>	Shoulder Press	Front Raises	Lateral Raises	Lunges	Squats	Calf Raises	Back Extension	Bent Over Row	Bridge	Plank	Side Plank	Flutter kicks	<p>Day 4 Cardio Day</p> <p>Walk before you can run if you're just starting out! Slowly build up to jogging by following the cardio plan</p> 	<p>Day 5</p> <table border="1"> <tr><td>Push-ups</td><td>Dips</td></tr> <tr><td>Lunges</td><td>Squats</td></tr> <tr><td>Calf Raises</td><td>Bicep curls</td></tr> <tr><td>Plank</td><td>Side Plank</td></tr> <tr><td>Isometric Crunches</td><td>Reverse Crunches</td></tr> </table> <p>3 sets of 10-12 Reps Hold time-based exercises for 30-45 secs</p>	Push-ups	Dips	Lunges	Squats	Calf Raises	Bicep curls	Plank	Side Plank	Isometric Crunches	Reverse Crunches	<p>Day 6 Cardio Day</p> <p>Time for a fun walk or cycle with friends.</p> <p>Remember to drink plenty of water and visit the SPAR website for info on healthy eating</p> 	<p>YOUR WELL-EARNED DAY OF REST!</p> 
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