

DAILY WORKOUT ROUTINE

targets arms, legs and stomach

ROUND 1

				
HIGH PLANK	BACK PLANK	SIDE PLANK	BACK DIP	SQUAT
3 Sessions	3 Sessions	3 Sessions	3 Sessions	3 Sessions
30 Sec each	30 Sec each	30 Sec each	10x Each	25x Each
15 Sec rest	15 Sec rest	15 Sec rest	15 Sec rest	15 Sec rest

ROUND 2

				
SIT UP	DONKEY KICK	SUMO LEG STRETCH	SUMO SQUAT	RUSSIAN TWIST
3 Sessions	4 Sessions 2 left, 2 right	1 Session	1 Session	2 Sessions
30x Each	30x Each	30x Stretch	20x Squats	25 Sec each
45 Sec rest	45 Sec rest	45 Sec rest	45 Sec rest	15 Sec rest