

# Sunday

45 jumping jacks  
15 squats  
5 jump squats  
50 Russian twists  
30 seconds plank  
10 standing calf raises  
5 kneeling push-ups  
30 seconds Superman  
10 lunges (each leg)  
40 crunches

# Monday

100 jumping jacks  
50 crunches  
20 tricep dips  
15 squats  
20 lunges (each leg)  
70 Russian twists  
20 standing calf raises  
5 push-ups  
30 second plank  
10 lunge split jumps

# Tuesday

80 jumping jacks  
50 vertical leg crunches  
20 sit-ups  
15 tricep dips  
20 squats  
10 side lunges (each leg)  
15 leg lifts (each leg)  
50 bicycles  
15 wall push-ups  
40 Russian twists

# Wednesday

90 jumping jacks  
20 tricep dips  
10 sit-ups  
30 bird-dogs  
30 seconds plank  
30 squats  
15 incline push-ups  
40 crunches  
10 oblique crunches (each side)  
20 standing calf raises

# Thursday

100 jumping jacks  
25 vertical leg crunches  
30 crunches  
20 squats  
20 wall push-ups  
50 Russian twists  
15 seconds side plank (each side)  
10 lunge split jumps  
5 jump squats  
40 high knees

# Friday

60 jumping jacks  
40 crunches  
10 sit-ups  
10 tricep dips  
20 side lunges (each side)  
15 incline push-ups  
10 oblique crunches (each side)  
30 butt kickers  
5 jump squats  
15 jack knife sit-ups

# Saturday

50 jumping jacks  
20 squats  
100 Russian twists  
5 kneeling push-ups  
1 minute downward dog  
15 jack knife sit-ups  
10 lunges (each leg)  
10 side lunges (each side)  
20 bird-dogs  
20 inner thigh lifts (each leg)

# Daily Work Outs 6

**JE Gale**



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