

MONTH/YEAR _____

FREQUENCY GOAL _____

COMPLETIONS

 Alternate sides

 Repeat

1 

40

Alternating Lunges

2 


40

Curtsey Lunges w/ Side Crunch

3

20

Yoga Squats

4 

40

T Jumps

5

10

Push Ups

6

10

Dips

 Repeat steps 5 & 6

7

100

Mountain Climbers

8

20 Seated Crunches


9

20

Seated Bicycles


11 

20 Hip Dips in Side Plank

12 

20

Side Crunches in Side Plank



BOOM!

Stretch, hydrate, and get on with your day!