DAY ONE

Upper Body and Core:
- Push ups OR Modified Push Ups
- Dips
- Supermans
- Planks

Conditioning:
- Jumping Jacks OR Jog/Walk

Click on each activity to access a how-to link.
DAY ONE BREAKDOWN:

*Hint: The first number is the set, the second number is the amount of reps you will do per set.*

**Push Ups OR Modified Push Ups**
- 3x5
- 4x6
- 4x8
- 3x10

**Dips - Use a couch, chair, bench, or staircase**
- 3x5
- 4x6
- 4x8
- 3x10

**Supermans**
- 3x10

**Planks**
- 3x10 second hold

**Jumping Jacks**
- 25 Jumping Jacks, every minute on the minute

**Jog/Walk**
- 20-30 minutes
DAY TWO

Lower Body and Core:
- Bodyweight Squats
- Lunges
- Bridges
- Side Plank

Conditioning:
- Jumping Jacks
- Burpees
- Sit-Ups
- Bodyweight Squat

Click on each activity to access a how-to link.
DAY TWO BREAKDOWN:

*Hint: The first number is the set, the second number is the amount of reps you will do per set.*

**Bodyweight Squats**
- 3x10
- 4x12
- 3x15
- 3x20

**Lunges**
- 3x5 each leg
- 4x6 each leg
- 4x8 each leg
- 3x10 each leg

**Bridges**
- 3x10

**Side Planks**
- 3x10 second hold on each side

**5 Rounds:**
- 10 Jumping Jack
- 8-10 Burpees
- 10 Sit Ups
- Bodyweight Squat

*Rest and Repeat*
DAY THREE

Upper Body and Core:
- Incline OR Decline Push Ups
- Dips
- Supermans
- Planks

Conditioning:
- Walk, Run, Jog, Stairs, or Ride a Bike

Click on each activity to access a how-to link.
DAY THREE BREAKDOWN:

*Hint: The first number is the set, the second number is the amount of reps you will do per set.*

**Incline OR Decline Push Ups - Use a chair, bench, or couch**
3x5
4x6
4x8
3x10

**Dips - Use a couch, chair, bench, or staircase**
3x5
4x6
4x8
3x10

**Supermans**
3x10

**Planks**
3x10 second hold

**Jumping Jacks**
25 Jumping Jacks, every minute on the minute

**Walk, Run, Jog, Stairs, or Ride a Bike**
At least 20-30 minutes