

EXERCISES	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
<i>Mid Section - lower & upper back-abs-gluets</i>																						
Jumping Jacks - wide and fast																						
Bridge - Nice and slow - hold at the top for 2 seconds																						
Plank with Shoulder Touches - back straight																						
Leg Pull Ins - Slow rhythm - straight to bent																						
Tuck Jumps - high knees																						
Get Up Press Ups - keep your back straight																						
Flutter Kicks - steady rhythm. Not fast																						
Sit Ups - finger stuck to head, feet flat, steady rhythm																						
Total Number of Reps																						

Please remember : You do 30 seconds of the first exercise, Count the number of Reps and write it down into the sheet, then you do exercise number 2 and do the same . This happens for all 8 exercises.