

SUMMER FITNESS *Challenge!*

4 WEEKS TO A STRONGER YOU!



SQUAT



OBLIQUE CRUNCH



HIP BRIDGE



MED BALL PUSH UP



LUNGE WITH ROTATION

THE PLAN

Day 1 4 reps of each
Day 2 6 reps of each
Day 3 8 reps of each
Day 4 Rest
Day 5 4 reps of each, repeat 2x
Day 6 6 reps of each, repeat 2x
Day 7 8 reps of each, repeat 2x
Day 8 Rest
Day 9 10 reps of each, repeat 2x
Day 10 12 reps of each, repeat 2x

Day 11 8 reps of each, repeat 3x
Day 12 Rest
Day 13 9 reps of each, repeat 3x
Day 14 10 reps of each, repeat 3x
Day 15 11 reps of each, repeat 3x
Day 16 Rest
Day 17 8 reps of each, repeat 4x
Day 18 9 reps of each, repeat 4x
Day 19 10 reps of each, repeat 4x
Day 20 Rest

Day 21 11 reps of each, repeat 4x
Day 22 12 reps of each, repeat 4x
Day 23 13 reps of each, repeat 4x
Day 24 Rest
Day 25 8 reps of each, repeat 5x
Day 26 9 reps of each, repeat 5x
Day 27 10 reps of each, repeat 5x
Day 28 Rest
Day 29 11 reps of each, repeat 5x
Day 30 12 reps of each, repeat 5x

GENERAL GUIDELINES:

- Do a 2 – 3 min warm-up before starting the exercises (e.g. march in place)
- Execute the circuit with as few breaks as possible
- 30 – 60 sec break between sets

Beginners may perform push up without ball and lunge without rotation.

Find detailed exercise instructions, videos and more on www.webexercises.com

