

HARD WORKOUT – 3 DAYS PER WEEK WITH 1 DAY OF REST IN BETWEEN

PUSH-UPS (DO 12-20)	DAY ONE: _____ # OF PUSH-UPS	DAY TWO: _____ # OF PUSH-UPS	DAY THREE: _____ # OF PUSH-UPS
CRUNCHES (3 SETS OF 10 REPS)	DAY ONE: _____ SET 1 _____ SET 2 _____ SET 3	DAY TWO: _____ SET 1 _____ SET 2 _____ SET 3	DAY THREE: _____ SET 1 _____ SET 2 _____ SET 3
PLANKS (3 SETS OF 1 REGULAR, 1 LEFT SIDE, 1 RIGHT SIDE; 30 SECONDS EACH)	DAY ONE: _____ SET 1 _____ SET 2 _____ SET 3	DAY TWO: _____ SET 1 _____ SET 2 _____ SET 3	DAY THREE: _____ SET 1 _____ SET 2 _____ SET 3
PULL-UPS (AS MANY AS YOU CAN DO WITH GOOD FORM)	DAY ONE: _____ # OF PULL-UPS	DAY TWO: _____ # OF PULL-UPS	DAY THREE: _____ # OF PULL-UPS
SQUATS (3 SETS OF 10 REPS)	DAY ONE: _____ SET 1 _____ SET 2 _____ SET 3	DAY TWO: _____ SET 1 _____ SET 2 _____ SET 3	DAY THREE: _____ SET 1 _____ SET 2 _____ SET 3
LUNGES (3 SETS OF 10 REPS)	DAY ONE: _____ SET 1 _____ SET 2 _____ SET 3	DAY TWO: _____ SET 1 _____ SET 2 _____ SET 3	DAY THREE: _____ SET 1 _____ SET 2 _____ SET 3
CALF RAISES (3 SETS OF 10 REPS)	DAY ONE: _____ SET 1 _____ SET 2 _____ SET 3	DAY TWO: _____ SET 1 _____ SET 2 _____ SET 3	DAY THREE: _____ SET 1 _____ SET 2 _____ SET 3
BURPEES (3 SETS OF 10 REPS)	DAY ONE: _____ SET 1 _____ SET 2 _____ SET 3	DAY TWO: _____ SET 1 _____ SET 2 _____ SET 3	DAY THREE: _____ SET 1 _____ SET 2 _____ SET 3
CARDIO EXERCISE (30-60 MINUTES)	DAY ONE: _____ # OF MINUTES	DAY TWO: _____ # OF MINUTES	DAY THREE: _____ # OF MINUTES
<p>You may not be able to complete all of the sets and reps when you first begin. Just do what you can, write down how many of each exercise you do, and then compare from week to week. You will see yourself making improvement if you are diligent about working out.</p>			