

Monday



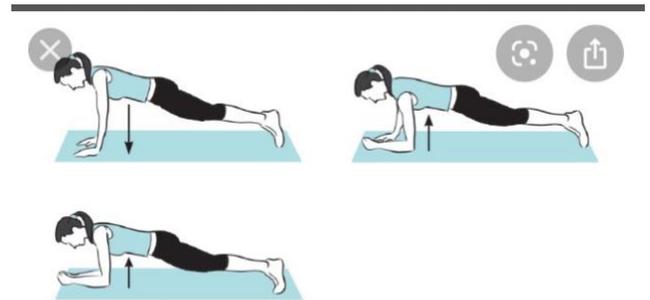
10 Mountain Climbers.



10 Push-ups



10 Sit-ups



4 Planks

Tuesday

Stretch upper and lower body
6 Minute walk or jog

Wednesday

10 Sit-ups
10 Pushups
4 Planks (hold for 10 seconds each)

Thursday

Stretch upper and lower body
6 Minute walk or jog