|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **S** | **T** | **R** | **O** | **N** | **G** |
| **2** | PUSH UPS | 5 LEG LIFTS | TRICEP STRETCH | DIAMOND PUSH UPS | ELBOW ELBOW HAND HAND | WATER BREAK |
| **4** | WATER BREAK | CURL & PRESS | DIAMOND PUSH UPS | INCH WORM | WATER BREAK | PLANK TAPS |
| **6** | PLANK TAPS | WATER BREAK | BICEP CURLS | HAMMER CURLS | SIDE LAYING LEG LIFTS | BICYCLE CRUNCHES |
| **8** | FRONT RAISES | ELEVATED BICEP CURLS | WATER BREAK | HIGH PLANK | RUSSIAN TWISTS | PLANK JACKS |
| **10** | BENT OVER ROW | LATERAL RAISES | OVERHEAD TRICEP EXTENSIONS | DUMBBELL  JABS | TOE TOUCHES | FLUTTER KICKS |
| **12** | TRICEP EXTENSIONS | UPRIGHT ROW | OVERHEAD PRESS | FRONT RAISES | DEADLIFTS | SIT UPS |