

WEEKLY WORKOUT CHALLENGE

THURSDAY

**20 JUMPING JACKS
20 CRUNCHES
20 SQUATS**

FRIDAY

**25 SECONDS WALL SIT
25 SQUATS WITH CALF RAISES
25 GLUTE BRIDGES**

SATURDAY

**30 SECONDS HIGH KNEES
30 SECONDS PLANK
30 LUNGES (15 EACH SIDE)**

SUNDAY

**35 SECONDS BUTT KICKS
35 REVERSE CRUNCHES
35 SQUAT JUMPS**

MONDAY

**40 JUMPING JACKS
40 SECONDS
MOUNTAIN CLIMBERS
40 CALF RAISES**

TUESDAY

**45 SECONDS HIGH KNEES
45 CRUNCHES
45 SQUATS**