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WEEK 1	SQUATS	BURPEES	PLANK	PUSH-UPS	SIT-UPS (ABS)	CRUNCHES (ABS)	LEG RAISES (ABS)	LUNGES
DAY 1	50	5	30s	10	15	5	5	20
DAY 2	55	10	30s	15	20	8	8	25
DAY 3	60	15	45s	20	25	10	10	30
DAY 4	REST	20	45s	REST	REST	REST	REST	35
DAY 5	70	REST	1m	23	30	12	12	40
DAY 6	75	20	REST	26	35	15	15	45
DAY 7	80	25	1M	30	40	20	20	REST
WEEK 2	SQUATS	BURPEES	PLANK	PUSH-UPS	SIT-UPS (ABS)	CRUNCHES (ABS)	LEG RAISES (ABS)	LUNGES
DAY 8	REST	30	1m10s	REST	REST	REST	REST	50
DAY 9	100	35	1m15s	32	45	30	30	55
DAY 10	110	REST	1m25s	35	50	50	30	60
DAY 11	120	35	1m30s	37	55	65	33	65
DAY 12	REST	40	REST	REST	REST	REST	REST	70
DAY 13	130	45	1m40s	40	60	75	40	75
DAY 14	140	50	1m45s	42	65	85	42	REST
WEEK 3	SQUATS	BURPEES	PLANK	PUSH-UPS	SIT-UPS (ABS)	CRUNCHES (ABS)	LEG RAISES (ABS)	LUNGES
DAY 15	150	REST	2m	45	70	90	42	80
DAY 16	REST	50	2m5s	REST	REST	REST	REST	85
DAY 17	155	55	REST	47	75	100	45	90
DAY 18	160	60	2m10s	50	80	110	48	95
DAY 19	165	65	2m15s	52	85	120	50	100
DAY 20	REST	REST	2m20s	REST	REST	REST	REST	105
DAY 21	170	65	2m25s	55	90	130	52	REST
WEEK 4	SQUATS	BURPEES	PLANK	PUSH-UPS	SIT-UPS (ABS)	CRUNCHES (ABS)	LEG RAISES (ABS)	LUNGES
DAY 22	180	70	2m30s	57	95	140	55	110
DAY 23	190	75	REST	60	100	150	58	115
DAY 24	REST	80	2m35s	62	REST	REST	REST	120
DAY 25	200	85	2m45s	65	105	160	60	REST
DAY 26	210	REST	2m50s	REST	110	170	60	125
DAY 27	220	90	REST	67	115	180	62	130
DAY 28	230	100	3m	70	REST	REST	REST	135

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