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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** 5X30 sec Plank30 sec Flutter Kick10 V-Sit ups | **Set #1: 3X**30 sec Wall Sit10 Push ups10 Squat Jumps | **Set #1: 3X**30 sec Superman10 Russian Twist on both sides10 leg lifts | **Set #1: 2X**10 Burpees with pushups10 Front Lunges (5 each leg)10 Streamline Jumps | **Set #1: 2X**10 Sit ups10 Leg Lifts10 Mountain Climbers |
| **Set #2:** **10X**25 feet Skip for Distance25 feet Run | **Set #2: 5X**25 feet of Karaoke25 feet of Side Step | **Set #2:** Put on your favorite 2 songs and jog for the length of the songs. | **Set #2 10X**25 feet Skip for Height 25 feet Run | **Set #2 5X**10 Moving Lunge Leaps10 Streamline Jumps |