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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** 5X  30 sec Plank  30 sec Flutter Kick  10 V-Sit ups | **Set #1: 3X**  30 sec Wall Sit  10 Push ups  10 Squat Jumps | **Set #1: 3X**  30 sec Superman  10 Russian Twist on both sides  10 leg lifts | **Set #1: 2X**  10 Burpees with pushups  10 Front Lunges (5 each leg)  10 Streamline Jumps | **Set #1: 2X**  10 Sit ups  10 Leg Lifts  10 Mountain Climbers |
| **Set #2:** **10X**  25 feet Skip for Distance  25 feet Run | **Set #2: 5X**  25 feet of Karaoke  25 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 Leaps  10 Streamline Jumps |