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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** 5X  1 min Plank  1 min Flutter Kick  20 V-Sit ups | **Set #1: 3X**  1 min Wall Sit  30 Push ups  20 Squat Jumps | **Set #1: 3X**  1 min Superman  30 Russian Twist on both sides  30 leg lifts | **Set #1: 2X**  20 Burpees with pushups  30 Front Lunges (5 each leg)  20 Streamline Jumps | **Set #1: 2X**  30 Sit ups  30 Leg Lifts  40 Mountain Climbers (20 per leg) |
| **Set #2:** **10X**  50 feet Skip for Distance  50 feet Run  50 feet Skip for Distance | **Set #2: 5X**  50 feet of Karaoke  50 feet of Side Step  50 feet of Karaoke | **Set #2:**  Put 15 minutes of your songs and jog in place for the length of the songs. | **Set #2 10X**  50 feet Skip for Height  50 feet Run  50 feet Skip for Height | **Set #2 5X**  20 Moving Lunge Leaps  15 Streamline Jumps  20 Moving Lunge Leaps |