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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** 5X1 min Plank1 min Flutter Kick20 V-Sit ups | **Set #1: 3X**1 min Wall Sit30 Push ups20 Squat Jumps | **Set #1: 3X**1 min Superman30 Russian Twist on both sides30 leg lifts | **Set #1: 2X**20 Burpees with pushups30 Front Lunges (5 each leg)20 Streamline Jumps | **Set #1: 2X**30 Sit ups30 Leg Lifts40 Mountain Climbers (20 per leg) |
| **Set #2:** **10X**50 feet Skip for Distance50 feet Run50 feet Skip for Distance | **Set #2: 5X**50 feet of Karaoke50 feet of Side Step50 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 Run50 feet Skip for Height | **Set #2 5X**20 Moving Lunge Leaps15 Streamline Jumps20 Moving Lunge Leaps |