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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** 5X45 sec Plank45 sec Flutter Kick15 V-Sit ups | **Set #1: 3X**45 sec Wall Sit15 Push ups15 Squat Jumps | **Set #1: 3X**45 sec Superman20 Russian Twist on both sides20 leg lifts | **Set #1: 2X**15 Burpees with pushups20 Front Lunges (5 each leg)15 Streamline Jumps | **Set #1: 2X**15 Sit ups20 Leg Lifts15 Mountain Climbers |
| **Set #2:** **10X**50 feet Skip for Distance50 feet Run | **Set #2: 5X**50 feet of Karaoke50 feet of Side Step | **Set #2:** Put on your favorite 2 songs and jog in place for the length of the songs. | **Set #2 10X**50 feet Skip for Height 50 feet Run | **Set #2 5X**20 Moving Lunge Leaps15 Streamline Jumps |