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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** 5X  45 sec Plank  45 sec Flutter Kick  15 V-Sit ups | **Set #1: 3X**  45 sec Wall Sit  15 Push ups  15 Squat Jumps | **Set #1: 3X**  45 sec Superman  20 Russian Twist on both sides  20 leg lifts | **Set #1: 2X**  15 Burpees with pushups  20 Front Lunges (5 each leg)  15 Streamline Jumps | **Set #1: 2X**  15 Sit ups  20 Leg Lifts  15 Mountain Climbers |
| **Set #2:** **10X**  50 feet Skip for Distance  50 feet Run | **Set #2: 5X**  50 feet of Karaoke  50 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 Leaps  15 Streamline Jumps |