



Anywhere Workout Plan

Focus this week: _____

Week ending in: _____

- 
- 1 sit ups
 - 2 squats
 - 3 plank
 - 4 lunges
 - 5 push-ups
 - 6 jumping jacks
 - 7 side leg lifts
 - 8 wall sit
 - 9 burpees
 - 10 _____

- 
- 1 burpees
 - 2 tricep dips
 - 3 knee highs
 - 4 plie squats
 - 5 air bicycle
 - 6 glute kickbacks
 - 7 calf raises
 - 8 side plank
 - 9 mountain climbers
 - 10 _____

