



Anywhere Workout Plan

Focus this week: _____

Week ending in: _____



- 1 sit ups 75
- 2 squats 40
- 3 plank 1 minute
- 4 lunges 40
- 5 push-ups 15
- 6 jumping jacks 100
- 7 side leg lifts 60
- 8 wall sit 30 seconds
- 9 burpees 10

- 1 burpees 10
- 2 tricep dips 10
- 3 knee highs 30
- 4 plie squats 30
- 5 air bicycle 1 minute
- 6 glute kickbacks 50
- 7 calf raises 40
- 8 side plank
- 9 mountain climbers 20