



## 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