

WORKOUT

MONDAY

Lunges
Push-ups
Calf Raises
Hip Abduction

TUESDAY

Lunges
Sit-ups
Calf Raises
4 Square Lunges

WEDNESDAY

Lunges
Push-ups
Calf Raises
Backward Leg Lifts &
Single Reverse Lunge

THURSDAY

Lunges
Sit-ups
Calf Raises
Wall Sit

FRIDAY

Lunges
Push-ups
Calf Raises
Modified Plank

SATURDAY

Lunges
Sit-ups
Calf Raises
Saddlebag Buster or
Inner Thigh Sculptor