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| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1** | **10 press ups**  **10 full V sits**  **Hold splits 2 minute each leg**  **Frog Balance**  **Hold for 5 seconds** | **20 mountain climbers**  **20 heel raises**  **20 half V sits**  **Arabesque and Y Balance**  **Hold for 5 seconds**  **Hip Flexor Leg raises 10 on each leg and 10 hands in the middle** | **10 press ups**  **10 full V sits**  **Hold splits 2 minute each leg**  **Straddle and Pike Lever**  **Hold for 5 seconds** | **15 burpees**  **15 tricep dips**  **Hold plank for 1 minute**  **20 tuck jumps**  **Dish and Arch shape**  **No head legs or shoulders on the floor** | **10 press ups**  **10 full V sits**  **Hold splits 2 minute each leg**  **Crab and bridge**  **Hold for 5 seconds** | **15 burpees**  **15 tricep dips**  **Hold plank for 1 minute**  **20 tuck jumps**  **Headstand**  **Hold for 5 seconds** |
| **2** | **15 burpees**  **15 tricep dips**  **Hold plank for 1 minute**  **20 tuck jumps**  **Headstand**  **Hold for 5 seconds** | **10 press ups**  **10 full V sits**  **Hold splits 1 minute each leg**  **Frog Balance**  **Hold for 5 seconds** | **20 mountain climbers**  **20 heel raises**  **20 half V sits**  **Arabesque and Y Balance**  **Hold for 5 seconds**  **Hip Flexor Leg raises 10 on each leg and 10 hands in the middle** | **10 press ups**  **10 full V sits**  **Hold splits 1 minute each leg**  **Straddle and Pike Lever**  **Hold for 5 seconds** | **15 burpees**  **15 tricep dips**  **Hold plank for 1 minute**  **20 tuck jumps**  **Dish and Arch shape**  **No head legs or shoulders on the floor** | **10 press ups**  **10 full V sits**  **Hold splits 1 minute each leg**  **Crab and bridge**  **Hold for 5 seconds** |
| **3** | **10 press ups**  **10 full V sits**  **Hold splits 1 minute each leg**  **Straddle and Pike Lever**  **Hold for 5 seconds** | **15 burpees**  **15 tricep dips**  **Hold plank for 1 minute**  **20 tuck jumps**  **Hip Flexor Leg raises 10 on each leg and 10 hands in the middle** | **10 press ups**  **10 full V sits**  **Hold splits 1 minute each leg**  **Frog Balance**  **Hold for 5 seconds** | **20 mountain climbers**  **20 heel raises**  **20 half V sits**  **Arabesque and Y Balance**  **Hold for 5 seconds** | **10 press ups**  **10 full V sits**  **Hold splits 1 minute each leg**  **Crab and bridge**  **Hold for 5 seconds** | **15 burpees**  **15 tricep dips**  **Hold plank for 1 minute**  **20 tuck jumps**  **Dish and Arch shape**  **No head legs or shoulders on the floor** |