|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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** |