

# WEEK 4 SCHEDULE

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

Push-ups

Push-ups

Push-ups

Push-ups

Push-ups

Push-ups

Push-ups

44

46

48

50

52

54

56

Squats

Squats

Squats

Squats

Squats

Squats

Squats

220

230

240

250

260

270

280

Plank

Plank

Plank

Plank

Plank

Plank

Plank

2m 50s

2m 55s

3m

3m 10s

3m 20s

3m 30s

3m 40s

