

WEEK 2 SCHEDULE

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Push-ups 20	Push-ups 23	Push-ups 25	Push-ups 27	Push-ups 28	Push-ups 29	Push-ups 31
Squats 100	Squats 115	Squats 125	Squats 135	Squats 140	Squats 145	Squats 155
Plank 1m 35s	Plank 1m 40s	Plank 1m 45s	Plank 1m 50s	Plank 1m 55s	Plank 2m	Plank 2m 10s

