

WEEK 3 SCHEDULE

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

Push-ups

32

Push-ups

34

Push-ups

36

Push-ups

37

Push-ups

38

Push-ups

40

Push-ups

42

Squats

160

Squats

170

Squats

180

Squats

185

Squats

190

Squats

200

Squats

210

Plank

2m 15s

Plank

2m 20s

Plank

2m 25s

Plank

2m 30s

Plank

2m 35s

Plank

2m 40s

Plank

2m 45s

