

WEEK 1 SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Push-ups 8	Push-ups 9	Push-ups 10	Push-ups 13	Push-ups 15	Push-ups 17	Push-ups 18
Squats 40	Squats 45	Squats 50	Squats 65	Squats 75	Squats 85	Squats 90
Plank 1m	Plank 1m 5s	Plank 1m 10s	Plank 1m 15s	Plank 1m 20s	Plank 1m 25s	Plank 1m 30s

