



muscle  
**MONDAY**

☆ **25 Tuck - Pike - Straddles**

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☆ **20 Triangle Push Ups**

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☆ **20 Squat Jumps**

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☆ **20 Hollow Body Rockers**

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☆ **25 Toe Rises (R, L, Both)**

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**110%**

*All Day Every Day!*



technique  
**TUESDAY**

TRY EVERY ASSIGNMENT FOR  
1 minute & 10 seconds

★ **Airplane Arm Circles** (each way)  
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★ **One Footed Sits** (each leg)  
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★ **Stretch - Hollow - Pike**  
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★ **Wall Sit** (arms straight up!)  
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★ **Heel Snap Turns**  
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**110%**

*All Day Every Day!*



workout  
**WEDNESDAY**

☆ **25 Air Jumping Jacks**

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☆ **20 Burpees**

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☆ **20 Frog Jumps**

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☆ **20 Starbursts**

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☆ **25 Double Crunches**

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**110%**

*All Day Every Day!*

throwdown  
**THURSDAY**

☆ **25 sec 1 Foot Wall Sit (R & L)**  
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☆ **20 sec Bent Arm Push Up Hold**  
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☆ **20 sec Arch Body Rockers**  
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☆ **20 sec 1 Arm Push Ups (R & L)**  
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☆ **25 sec Connected Pivot Turns**  
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**110%**

*All Day Every Day!*



flexibility

# FRIDAY

Warm up your muscles before stretching.

Start with 20 jumping jacks, running in place for 60 seconds and 10 jumps.

★ **25 sec Straddle Stretch** (each way)

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★ **20 sec Pike Stretch** (point & flex)

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★ **20 sec Bridge Hold**

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★ **20 sec Split Stretches** (R & L)

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★ **25 sec Splits** (R, L & C)

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**110%**

*All Day Every Day!*