

June
2020

Write down the exact number of sets and reps performed for each and any workout (my performance).

Try to improve constantly the amount of reps performed for every exercise from workout to workout.

Do not cheat yourself with doing half reps.

You can perform this workout schedule every day and can modify and adjust number of sets according your fitness level.

#	Exercise	Repetition / Duration	Description / Note	Rest between sets	My performance
	WARM UP	120 sec	e.g. Burpees or Jumping Jacks		
1	PUSH UPS	5 sets	Each set needs to be performed until you are barely able to complete that last repetition with proper form (perform knee push ups if you are a beginner, perform leg elevated push ups or single arm push ups if you are advanced).	90-120 sec	
2	SQUATS	4 sets	Each set needs to be performed until you are barely able to complete that last repetition with proper form (alternatively perform 4 sets of walking lunges).	120 sec	
3	FLYING SUPERMAN	3 sets of 15-20 reps	Lay down on your stomach and lift arms and legs; eyes turned downwards. When performing the set, hold contracted position for 2 seconds before relaxing.	60 sec	
4	CRUNCHES	3 sets of 15-20 reps	Alternatively to rotate with lying leg raise.	60 sec	
5	PLANKS	3 sets	Elbow plank / elbow plank knee: Try to hold the plank position as long as possible until you cannot hold proper form.	90 sec	
	STRECHING	5 - 10 Min			