

July
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 | Burpees or Jumping Jacks | | |
| 1 | Walking Lunges (Alternative: Single Leg Squat) | 4 sets | Each set needs to be performed until you are barely able to complete that last repetition with proper form (use additional weights e.g. water bottles, if needed). | 90-120 sec | |
| 2 | Push Up Variation (Diamond Push Up or Single leg Push Up) | 5 sets | Each set needs to be performed until you are barely able to complete that last repetition with proper form (perform leg elevated Push Ups once you can complete more than 15 repetitions in a row). | 90 sec | |
| 3 | Mountain Climbers | 3 sets each 60 sec's | When performing the set, try to „climb“ as fast as possible but keep focussing on proper form and permanent contraction of the core muscles | 60 sec | |
| 4 | Scissors Kicks | 3 sets of 15-20 reps | Alternatively to rotate with Lying Leg Raise or Side Planks | 60 sec | |
| 5 | Lying Back Press | 3 sets of 20-30 reps | Try to focus to push through your elbows and to maintain stable and neutral position of your spine. Do not „swing“ nor use momentum. | 60 sec | |
| | Streching | 5-10 Min | | | |