

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	Wall Sits (30 sec) thereafter right into bodyweight Squats	4 sets of 15-25 reps of Squats	The Wall Sits need to be performed prior each working set. Each set needs to be performed until you are barely able to complete that last repetition with proper form (use additional weights, if needed).	120 sec	
2	Shoulder Press Push-Ups	3 sets of 10-20 reps	Each set needs to be performed until you are barely able to complete that last repetition with proper form (perform handstand Push Ups in case your personal performance allows so)	90 sec	
3	Regular Push-Ups	3 sets of 10-15 reps	Each set needs to be performed until you are barely able to complete that last repetition with proper form (perform leg elevated Push Ups or Clapping Push Ups once you can complete more than 15 repetitions in a row).	90 sec	
4	Glute Bridge	3 sets of 25-30 reps	Focus on permanent contraction of Glutes and do not rest your lower body on the floor when exercising. Alternatively to rotate with Walking Lunges	60 sec	
5	Bicycle Crunches	5 sets of 20-30 reps	Focus to maintain contracted core muscles during the set and do not rest your head / upper body on the floor.	60 sec	
	Stretching	5-10 Min			