

SEPT.
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	Side Plank Crunches	3 sets of 20-25 reps each side	Try to minimize the rest time when switching from one side to the other. Each set needs to be performed until you are barely able to complete that last repetition with proper form	120 sec	
2	Flutter kicks	3 sets of as many reps as possible	Each set needs to be performed until you fail to maintain proper form when exercising.	90 sec	
3	Diamond Push-Ups	4 sets of 15-20 reps	Each set needs to be performed until you are barely able to complete that last repetition with proper form (perform one leg Push-Ups once you can complete more than 15 repetitions in a row).	90 sec	
4	Walking Lunges	4 sets of as many reps as possible	Each set needs to be performed until you are barely able to complete that last repetition with proper form (use additional weights e.g. Backpack, once you can complete more than 50 reps per set)	120 sec	
5	Climber Taps	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			