|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 1  5 Kneeling push ups  5 second right side plank  5 second left side plank  5 second bike  5 second plank | Day 2  Rest | Day 3  6 Kneeling push ups  6 second right side plank  6 second left side plank  6 second bike  6 second plank | Day 4  Rest | Day 5  7 Kneeling push ups  7 second right side plank  7 second left side plank  7 second bike  7 second plank | Day 6  Rest | Day 7  8 Kneeling push ups  8 second right side plank  8 second left side plank  8 second bike  8 second plank |
| Day 8  Rest | Day 9  9 Kneeling push ups  9 second right side plank  9 second left side plank  9 second bike  9 second plank | Day 10  Rest | Day 11  10 Kneeling push ups  10 second right side plank  10 second left side plank  10 second bike  10 second plank | Day 12  Rest | Day 13  11 Kneeling push ups  11 second right side plank  11 second left side plank  11 second bike  11 second plank | Day 14  Rest |
| Day 15  12 Kneeling push ups  12 second right side plank  12 second left side plank  12 second bike  12 second plank | Day 16  Rest | Day 17  13 Kneeling push ups  13 second right side plank  13 second left side plank  13 second bike  13 second plank | Day 18  Rest | Day 19  14 Kneeling push ups  14 second right side plank  14 second left side plank  14 second bike  14 second plank | Day 20  Rest | Day 21  15 Kneeling push ups  15 second right side plank  15 second left side plank  15 second bike  15 second plank |
| Day 22  Rest | Day 23  16 Kneeling push ups  16 second right side plank  16 second left side plank  16 second bike  16 second plank | Day 24  Rest | Day 25  17 Kneeling push ups  17 second right side plank  17 second left side plank  17 second bike  17 second plank | Day 26  Rest | Day 27  18 Kneeling push ups  18 second right side plank  18 second left side plank  18 second bike  18 second plank | Day 28  Rest |