|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 15 Kneeling push ups5 second right side plank5 second left side plank5 second bike5 second plank | Day 2Rest | Day 36 Kneeling push ups6 second right side plank6 second left side plank6 second bike6 second plank | Day 4Rest | Day 57 Kneeling push ups7 second right side plank7 second left side plank7 second bike7 second plank | Day 6Rest | Day 78 Kneeling push ups8 second right side plank8 second left side plank8 second bike8 second plank |
| Day 8Rest | Day 99 Kneeling push ups9 second right side plank9 second left side plank9 second bike9 second plank | Day 10Rest | Day 1110 Kneeling push ups10 second right side plank10 second left side plank10 second bike10 second plank | Day 12Rest | Day 1311 Kneeling push ups11 second right side plank11 second left side plank11 second bike11 second plank | Day 14Rest |
| Day 1512 Kneeling push ups12 second right side plank12 second left side plank12 second bike12 second plank | Day 16Rest | Day 1713 Kneeling push ups13 second right side plank13 second left side plank13 second bike13 second plank | Day 18Rest | Day 1914 Kneeling push ups14 second right side plank14 second left side plank14 second bike14 second plank | Day 20Rest | Day 2115 Kneeling push ups15 second right side plank15 second left side plank15 second bike15 second plank |
| Day 22Rest | Day 2316 Kneeling push ups16 second right side plank16 second left side plank16 second bike16 second plank | Day 24Rest | Day 2517 Kneeling push ups17 second right side plank17 second left side plank17 second bike17 second plank | Day 26 Rest | Day 2718 Kneeling push ups18 second right side plank18 second left side plank18 second bike18 second plank | Day 28 Rest |