

Monday	Pushups			
	Variation	Set 1	Set 2	Set 3

Leg Raises			
Variation	Set 1	Set 2	Set 3

Tuesday	Pullups			
	Variation	Set 1	Set 2	Set 3

Squats			
Variation	Set 1	Set 2	Set 3

Wednesday	Bridges			
	Variation	Set 1	Set 2	Set 3

Twists			
Variation	Right Set 1	Right Set 2	Right Set 3
	Left Set 1	Left Set 2	Left Set 3

Thursday	Pushups			
	Variation	Set 1	Set 2	Set 3

Leg Raises			
Variation	Set 1	Set 2	Set 3

Friday	Pullups			
	Variation	Set 1	Set 2	Set 3

Squats			
Variation	Set 1	Set 2	Set 3

Saturday	Bridges			
	Variation	Set 1	Set 2	Set 3

Twists			
Variation	Right Set 1	Right Set 2	Right Set 3
	Left Set 1	Left Set 2	Left Set 3