

Summer Workout Plan

Week of June 17

10 Push ups
10 Squats
5 Front Lunges (each leg)
20 Crunches
60 Second Wall Sit
10 Toe Touches
25 Cheer Jacks
5 Backbends (hold for 10 secs)

Week of July 1

15 Push ups
15 Squats
10 Front Lunges (each leg)
25 Second Plank (repeat 3x's)
30 Crunches
60 Second Wall Sit (repeat 2x's)
Double Toe Touch (repeat 3x's)
5 Backbends (hold for 10 secs)

Week of July 15

15 Push ups
15 Squats
15 Front Lunges (each leg)
25 Second Plank (repeat 3x's)
30 Crunches
60 Second Wall Sit (repeat 2x's)
Double Toe Touch (repeat 4x's)
35 Cheer Jacks
10 Backbends (hold for 10 secs)

Week of July 29

20 Push ups
15 Squats
20 Front Lunges (each leg)
10 Burpees
30 Crunches
30 Second Split (each leg)
15 Toe Touches
40 Cheer Jacks
5 Wall Hand Stands (hold for 5 secs)

Week of August 12

25 Push ups
15 Squats
25 Front Lunges (each leg)
15 Burpees
40 Crunches
60 Second Split (each leg)
15 Toe Touches
45 Cheer Jacks
5 Wall Hand Stands (hold for 10 secs)

Week of June 24

10 Push ups
10 Squats
5 Front Lunges (each leg)
15 Second Plank (repeat 3x's)
20 Crunches
60 Second Wall Sit
10 Toe Touches
25 Cheer Jacks
5 Backbends (hold for 10 secs)

Week of July 8

15 Push ups
15 Squats
15 Front Lunges (each leg)
25 Second Plank (repeat 3x's)
30 Crunches
60 Second Wall Sit (repeat 2x's)
Double Toe Touch (repeat 3x's)
30 Cheer Jacks
10 Backbends (hold for 15 secs)

Week of July 22

20 Push ups
15 Squats
15 Front Lunges (each leg)
30 Second Plank (repeat 3x's)
30 Crunches
60 Second Wall Sit (repeat 2x's)
Double Toe Touch (repeat 4x's)
35 Cheer Jacks
10 Backbends (hold for 15 secs)

Week of August 5

25 Push ups
15 Squats
20 Front Lunges (each leg)
10 Burpees
30 Crunches
30 Second Split (each leg)
15 Toe Touches
40 Cheer Jacks
5 Wall Hand Stands (hold for 5 secs)

Week of August 19

25 Push ups
15 Squats
25 Front Lunges (each leg)
15 Burpees
40 Crunches
60 Second Split (each leg)
15 Toe Touches
45 Cheer Jacks
5 Wall Hand Stands (hold for 10 secs)

****This workout should be done 3-4 times per week. Make sure you stretch before and after you workout.****