WEEK OF: 13 AUGUST - 17 AUGUST

DAY	EXERCISE	EQUIPMENT	METHOD
MONDAY	20 Air Squats 20 Push Ups 20 DB Rows 20 Sit Ups	Dumbbells	Perform all exercises and then rest :30. Repeat for 5 rounds.
TUESDAY	25 Walking Lunges 30 Band Chest Press 30 Band Rows 25 Crunches	Resistance Band	Perform all exercises and then rest :30. Repeat for 5 rounds.
WEDNESDAY	Cardio Intervals	Stopwatch	Walk 1:00 Jog 1:00 Repeat for a total time of 42:00.
THURSDAY	20 Split Squats 15 DB Chest Press 15 One Arm DB Row 20 Russian Twists	Dumbbells	Perform all exercises and then rest :30. Repeat for 5 rounds.
FRIDAY	20 Side Lunges 25 DB Tricep Kick Backs 25 DB Curls 30 Twist Crunches	Dumbbells	Perform all exercises and then rest :30. Repeat for 5 rounds.