

2 WEEK

OUT OF THE RUT CHALLENGE

MY GOAL:

MONDAY

15 squats
15 second plank
25 crunches
35 jumping jacks
15 lunges
25 second wall squat
10 sit ups
10 butt kicks
5 pushups

TUESDAY

20 squats
30 second plank
25 crunches
40 jumping jacks
20 lunges
35 second wall squat
20 sit ups
20 butt kicks
7 pushups

WEDNESDAY

25 squats
40 second plank
30 crunches
45 jumping jacks
25 lunges
45 second wall squat
25 sit ups
30 butt kicks
9 pushups

THURSDAY

30 squats
50 second plank
30 crunches
50 jumping jacks
30 lunges
50 second wall squat
35 sit ups
40 butt kicks
11 pushups

FRIDAY

35 squats
60 second plank
35 crunches
55 jumping jacks
35 lunges
60 second wall squat
40 sit ups
50 butt kicks
15 pushups