

WORKOUT PLAN

KEY:
■ running
■ exercise

MONDAY

- stretch
- 1 lap warm-up walk
- 10 push ups
- 10 sit ups
- 1 lap jog
- 10 burpees
- bike 1 lap
- walk 1 lap
- stretch

TUESDAY

- stretch
- 1 lap warm-up walk
- 15 push ups
- 15 sit ups
- 1 lap jog
- 10 burpees
- bike 1 lap
- walk 1 lap
- stretch

WEDNESDAY

- stretch
- 1 lap warm-up walk
- 15 push ups
- 15 sit ups
- 2 laps jog
- 10 burpees
- bike 1 lap
- walk 1 lap
- stretch

THURSDAY

- stretch
- 1 lap warm-up walk
- 20 push ups
- 20 sit ups
- 2 laps jog
- 15 burpees
- bike 1 lap
- walk 1 lap
- stretch

FRIDAY

- stretch
- 1 lap warm-up walk
- 20 push ups
- 20 sit ups
- 2 laps jog
- 15 burpees
- bike 1 lap
- walk 1 lap
- stretch

WEEKEND

- stretch
- 1 lap warm-up walk
- 25 push ups
- 25 sit ups
- 2 laps jog
- 20 burpees
- bike 1 lap
- walk 1 lap
- stretch

Workout Plans Journal

Hussin A.Rothana

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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