

<b>THESE EXERCISES WILL NOT INCREASE IN TIME OR REPS OR SETS</b>					
<b>CARDIO</b> WEEKLY	144 MINUTES TOTAL -48 MINUTES 3 DIFFERENT DAYS-ANYTHING YOU LIKE TO DO				
<b>CALVES</b> WEEKLY	144 DIVIDE AS NEEDED THROUGHOUT THE WEEK, EVERY OTHER DAY				
<b>ARMS</b>  <b>AND</b>  <b>CHEST</b> WEEKLY	<p>2 SETS OF 15 REPITITIONS OF 5 DIFFERENT EXERCISES</p> <p><b>PUSH-UPS-</b> DO AS MANY AS YOU CAN, THEN GO TO GIRL STYLE</p> <p><b>BICEP CURLS</b></p> <p><b>TRICEPS</b></p> <p><b>ARM RAISES</b> (LIFTING WEIGHTS FROM SHOULDERS TO FULLY EXTENDED ABOVE YOUR HEAD)</p> <p><b>SIDE LATERALS</b> (PLACING ARMS STRAIGHT AT YOUR SIDES AND RAISE THEM STRAIGHT OUT TO THE SIDES UP TO SHOULDER HEIGHT)</p>				
<b>THESE EXERCISES WILL INCREASE IN SETS AND WILL BE DONE ON JAN 5TH</b>					
<b>LUNGES</b> WEEKLY	<p>144 TOTAL IN 1ST WEEK, DIVIDED AS NEEDED, BEING SURE THAT YOU LEAVE A DAY IN BETWEEN THAT YOU DON'T DO LUNGES (FOR EXAMPLE TUES, THURS AND SAT, OR MON, WED AND FRI)</p> <p><b>EACH WEEK, YOU NEED TO ADD 144 MORE LUNGES (IE. WEEK 5 IS 720(5X144) TOTAL)</b></p>				
<b>C</b>  <b>O</b>  <b>R</b>  <b>E</b>  WEEKLY	<p>144 TOTAL IN THE 1ST WEEK, DIVIDED AS NEEDED. ABS CAN BE WORKED DAILY WITH NO DAMAGE, EVEN THOUGH IT MAY FEEL AS THOUGH THERE IS.</p> <p><b>A SET NEEDS TO BE ADDED EACH WEEK, (IE. WEEK ONE HAS 1 SET OF THE 4 EXERCISES, WEEK 6 HAS 6 SETS, UP TO WEEK 14)</b></p> <p>36 REPS IN EACH SET OF THE 4 EXERCISES</p> <p><b>LEG RAISES</b> ( LAYING FLAT ON THE GROUND AND RAISING YOUR LEGS STRAIGHT UP TO BE EVEN WITH YOUR HIPS LOWERING DOWN WITHOUT TOUCHING THE FLOOR AND BACK UP. YOU MAY PLACE YOUR HANDS UNDER YOUR BUNS FOR SUPPORT, OR HOLD ON TO SOMETHING ABOVE YOUR HEAD).</p> <p><b>CRUNCHES ON THE BALL</b> ( LAYING WITH MIDDLE OF BACK CENTERED ON THE BALL, CRUNCH STRAIGHT UP TO THE CEILING, REACHING WITH YOUR ARMS STRAIGHT)</p> <p><b>SIDE TO SIDE WITH WEIGHTS</b> (SITTING ON A MAT, LEANING BACK HALF WAY AND TWISTING SIDE TO SIDE EITHER WITH WEIGHT OR WITHOUT (AT FIRST)</p> <p><b>SIDE CRUNCHES</b> (LAYING ON YOUR SIDE AND WITH ONE HAND BEHIND YOUR EAR AND THE OTHER REACHING TO YOUR TOES, WITH LEGS SLIGHTLY BENT, THEN CRUNCH)</p> <p><b>PLANK POSITION-</b> IN PUSH-UP POSITION, LEAN ON ELBOWS AND HOLD BODY STIFF FOR 10 SECONDS TO 2 MINUTES (WE'LL SEE WHO CAN DO IT THE LONGEST ON JAN 5TH)</p>				
<p><b>BACK EXERCISES DOING 3 SETS OF 12-25 REPS</b></p> <p><b>DEADLIFTS-</b> LEGS AND ARMS STRAIGHT, BENDING DOWN TO TOES AND USING YOUR HAMSTRINGS AND BACK TO COME BACK UP.</p> <p><b>BACK EXERCISES ON MACHINE</b></p> <p><b>GOOD LUCK AND KEEP WORKING AT YOUR PACE, YOU WILL BE AMAZED HOW QUICKLY YOU FEEL STRONGER</b></p>					
WEEKLY TALLY FOR CORE EXERCISES AND LUNGES					
WEEK 1	144	WEEK 6	864	WEEK 11	1580
WEEK 2	288	WEEK 7	1008	WEEK 12	1725
WEEK 3	432	WEEK 8	1150	WEEK 13	1868
WEEK 4	574	WEEK 9	1294	WEEK 14	2008
WEEK 5	720	WEEK 10	1437		