



---> **Do 2-3 times per week** <---

1. [Front Plank](#) (30 seconds)
2. Sit ups (x 12)
3. [Squats with toe raises](#) (x 12)
4. Pushups (x 10)
5. [Cherry bombs](#) (30 seconds)
6. [Lunges](#) (x 10 each leg)
7. [Triceps dips off chair/couch](#) (x 12)
8. [Back extensions on ground](#) (x 12)
9. [Up-up-down-downs](#) (30 seconds)
10. [Burpees](#) or [Split jumps](#) (30 seconds)
11. [Side plank with leg raises](#) (3 per leg, repeat 3x)
12. [Superhero planks](#) (30 seconds)

**3 min rest between sets // Do 2-3 sets**