

DAY	EXERCISES	NO OF REPS	NO OF SETS
MONDAY	Jumping Jacks	30 secs	1
	Sit-Ups	30	1
	Crunches	20	1
	Plank	120 secs	1
	Russian twist	20	2
	Side bridges left	20	1
	Side bridges right	20	1
	Cobra stretch	30 secs	1
TUESDAY	Jumping jacks	30 secs	1
	Push-ups	15	2
	Leg raises	18	1
	Plank	120 secs	2
	Bicycle crunches	16	1
	Burpees	16	1
	Mountain Climber	20	1
	Cobra stretch	30 secs	1
WEDNESDAY	R E S T		
THURSDAY	Jumping jacks	30 secs	1
	Jumping squats	30	1
	Elevated leg Russian twist	20	1
	Leg raises	15	2
	Flutter kicks	26	1
	Squats	16	1
	Heel touch	16	2
	High knees	60 secs	1
	Cobra stretch	30 secs	1
FRIDAY	Jumping jacks	30 secs	1
	Crunches	20	2
	Side plank left	60 secs	1
	Side plank right	60 secs	1
	Butt bridge	30	1
	Russian twist	20	2
	Bicycle crunches	14	2
	V-sit	10	1
	Scissors	18	1
Cobra stretch	30 secs	1	
SATURDAY	Jumping jacks	30 secs	1
	Sit-ups	20	2
	Side bridges left	20	1
	Side bridges right	20	1
	Burpees	16	1
	Plank	120 secs	1

Elevated leg Russian twist	20	1
Push-ups	12	1
Flutter kicks	14	2
High knees	60 secs	1
Cobra stretch	30 secs	1
SUNDAY	R E S T	

Other things to note:

- Take 30 seconds rest after each exercise
- It is advisable to not workout on an empty stomach
- Repeat every week for the next 4 weeks and compare your result after 4 weeks to what you had when you started
- You can use a yoga mat if you want

LEKIS FITNESS