**The Best Never Rest!**

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| YOU GOT THIS!!! | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | SUN |
| Push-ups (5 sets X 10) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sit-ups (3 sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank (3 sets X 30 sec) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6in Hold (3 sets X 30 sec) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jack Knives (4 sets X 10)  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunges (4 Sets X 10) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lf/Rt/Squat (4 sets X 10) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wipers (4 sets X 10) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Up Downs (4 sets X 10) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heel Raises (4 sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| In and outs (4 sets X 10) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Every missed day is a missed opportunity!**

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| YOU’RE CRUSHING IT!!! | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | SUN |
| Push-ups (5 sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sit-ups (4 sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank (3 sets X 45 sec) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6in Hold (4 sets X 30 sec) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jack Knives (4 sets X 15)  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunges (4 Sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lf/Rt/Squat (4 sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wipers (4 sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Up Downs (4 sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heel Raises (4 sets X 20) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| In and outs (4 sets X 15) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**The Best Never Rest!**

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| DON’T QUIT!!! | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | SUN |
| Push-ups (5 sets X 20) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sit-ups (4 sets X 20) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank (3 sets X 60 sec) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6in Hold (4 sets X 45 sec) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jack Knives (4 sets X 20)  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunges (4 Sets X 20) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lf/Rt/Squat (4 sets X 20) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wipers (4 sets X 20) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Up Downs (4 sets X 20) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heel Raises (4 sets X 25) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| In and outs (4 sets X 20) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**If you’re not getting better,**

**someone else is!**

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| KEEP UP THE GREAT WORK! | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | SUN |
| Push-ups (5 sets X 25) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sit-ups (4 sets X 25) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank (4 sets X 60 sec) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6in Hold (4 sets X 60 sec) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jack Knives (4 sets X 25)  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunges (4 Sets X 25) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lf/Rt/Squat (4 sets X 25) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wipers (4 sets X 25) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Up Downs (4 sets X 25) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heel Raises (4 sets X 30) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| In and outs (4 sets X 25) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |