

Exercise Plan

Beginners

Monday

1. 10 x Sit-ups
2. 10 x Jumping Jacks
3. 10 x Press-ups
4. 20 Sec Plank
5. 20 min Walk / Jog

Tuesday

1. 15 x Squats
2. 15 x Mountain climbers
3. 12 x Shoulder presses
4. 15 x Crunch sit-ups
5. 20 min Walk

Wednesday

1. 15 x Sit-ups
2. 15 x Jumping Jacks
3. 15 x Press-ups
4. 25 Sec Plank
5. 20 min Walk / Jog

Thursday

1. 20 x Squats
2. 20 x Mountain climbers
3. 15 x Shoulder presses
4. 20 x Crunch sit-ups
5. 30 min Walk

Friday

1. Walk- Swim or Cycle 40 min

Sunday

REST DAY!

Saturday

1. 15 x Sit-ups
2. 15 x Jumping Jacks
3. 15 x Press-ups
4. 25 Sec Plank
5. 60 min Walk / Jog



Exercise Plan

Beginners

Monday

1. 20x Sit-ups
2. 20 x Jumping Jacks
3. 20 x Press-ups
4. 30 Sec Plank
5. 30 min Walk / Jog

Tuesday

1. 20 x Squats
2. 20 x Mountain climbers
3. 15 x Shoulder presses
4. 20 x Crunch sit-ups
5. 30 min Walk

Wednesday

1. 15 x Sit-ups
2. 20 x Jumping Jacks
3. 20 x Press-ups
4. 30 Sec Plank
5. 30 min Walk / Jog

Thursday

1. 25 x Squats
2. 25x Mountain climbers
3. 20 x Shoulder presses
4. 25 x Crunch sit-ups
5. 40 min Walk

Friday

1. Walk- Swim or Cycle 60 min

Sunday

REST DAY!

Saturday

1. 15 x Sit-ups
2. 15 x Jumping Jacks
3. 15 x Press-ups
4. 25 Sec Plank
5. 90 min Walk / Jog

