

# Weekly Planner

## KEEP FIT edition

Monday

1 / 1

Tuesday

1 / 1



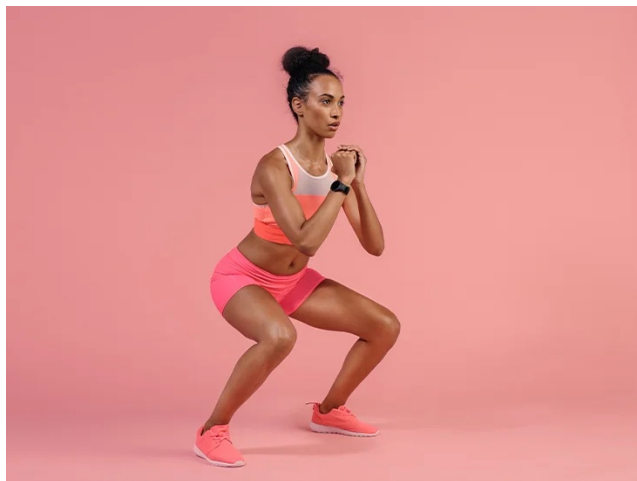
- 10 seconds in SQUAT.
- 10 seconds of JUMPING JACKS
- 10 seconds of BURPEES.
- 10 seconds of LUNGES.
- 10 seconds of PLANK.



- 15 seconds of SQUAT
- 15 seconds of JUMPING JACKS.
- 15 seconds of BURPEES
- 15 seconds of LUNGES.
- 15 seconds of PLANK



Plank



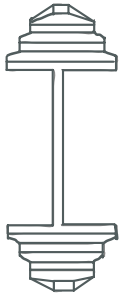
Squat

Wednesday

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Thursday

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- 20 seconds in SQUAT
- 20 seconds of JUMPING JACKS.
- 20 seconds of BURPEES
- 20 seconds of LUNGES
- 20 seconds of PLANK



- 20 seconds of SQUAT
- 20 seconds of JUMPING JACKS
- 20 seconds of BURPEES
- 20 seconds of LUNGES.
- 20 seconds of PLANK

Friday

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- 25 seconds in SQUAT
- 25 seconds of BURPEES
- 25 seconds of LUNGE
- 25 seconds of JUMPING JACKS.
- 25 seconds of PLANK



# Saturday

1 / 1

- 30 seconds of SQUAT JUMPS
- 3 PUSHUPS
- 30 seconds of CRUNCHES
- 30 seconds of JUMPING JACKS
- 30 seconds of PLANK.

# Sunday

1 / 1

- 30 seconds of SQUAT JUMPS
- 3 PUSHUPS
- 30 seconds of CRUNCHES
- 30 seconds of JUMPING JACKS
- 30 seconds of PLANK.