DAY				et us know what you did. Work				
IDAY	MONDAY	TUESDAY	WEDNESDAY		FRIDA		SATURDAY	
DΑΥ	Beginner WARM-UP*	Beginner WARM-UP*		Beginner WARM-UP*	Beginne WARM-UP*	r	Beginner WARM-UP*	
∢	3 sets each (See below)	3 sets each	DAY	Hold poses for 1 minute (See below)			Jog for 2 minutes	
ב	1 minute rest between sets	1 minute rest between sets		Raised Arms Pose	10 Upright Dumbbell Row	<u>,</u>	Speed Walk for 10 seconds	
	10 Crunch Kicks	30 Jumping Jacks		Swaying Palm Tree Pose	10 Push-ups/Modified Pus		Repeat for 20 minutes	
2	10 Side to Side Knee Sweeps		REST	Mountain Pose	10 Standing Overhead Sh		STRETCH**	
Ш́	10 Knee to Elbows	20 Squats	Ĭ	Child Pose	10 Alternating Plank/Com		STRETON	
2	10 Leg Raises	15 Push-ups	~	Seated Spina Twist	10 Side Shoulder Raises	mando rtowa	Intermediate	
	10 Cycling Crunches	STRETCH**		Seated Forward Bend	10 Dumbbell Shoulder Sh	rugs	WARM-UP	
Ļ	10 Sitting Twists		<b>–</b> <u>Щ</u>	Cobra Pose	Uppercuts	.090	Jog for 2.5 minute	
EXERCISE	STRETCH**	Intermediate	<u>v</u>	Downward Facing Dog	STRETCH**		Speed Walk for 10 seconds	
5	Unteron	Same as above but do 4 sets		STRETCH**	onceron		Repeat for 20 minutes	
ř	Intermediate	Same as above but do 4 sets	- ~	STRETCH	Intermedia	ata	STRETCH	
	Same as above but do 4 sets	Advanced	- 11	Intermediate	As above but do 5 sets.	ale	SIREIGH	
7	Same as above but do 4 sets				As above but do 5 sets.		Advanced	
i)	Advensed	Same as above but do 6 sets	EXERCISE	Same as above	Adurent	d	WARM-UP	
	Advanced Same as above but do 6 sets			Advanced	Advance As above but do do 5 sets		Jog for 20 minutes	
	Same as above but up o sets				As above but do do 5 sets			
				Same as above	-		STRETCH	
			**STRETCHES					
			SIREICHES	46%				
	worm		an -					
			-					
	6 reps each @ neilarey.		- KAT	A E 4				
			13-20 amenda I Mana					
	OD MM	Ŕ Å		theit must				
	RARR		- / -	C C C C C C C C C C C C C C C C C C C				
			- UEN RE					
	A 4	shoulder stretch	- 9,210	2 20 480				
	- And - And	A .	3 times 16-12 -	and the second				
			- 16					
	R R RR	R H	- 18 5					
	dynamic chest dynamic back	mid back turns	- 43. (3					
	7.0	9 <b>m</b>		11 (12)				
	COBB & B	A m	5 3 2 3					
	A A A		8-10 seconds 8-10 second each side onth side	fe 10-15 seconds Blacks yet hands 2 times 5-13 seconds				
		P M						
	knee circles hip circles	toe touches						
	MONDAY		THURSDAY		FRIDAY			
	R. R.	R R	P/		Upright Dumbbell Rows	Modified / Knee Push-up	/ Pushups Standing Dumbbell Overhead	Dumbbell Shrugs
	EALE	ER AL	Hasta				Shoulder Press	
					- A REF	16AP	R. R.	A A
	10 crunch kicks	10 side-to-side knee sweens	triyaka ta swayi			ALL L		AA
	IU crunch kicks	IU side-to-side knee sweeps			- M M	La-ma	W W	TAT TAT
	A CC		Parv		නිසි නිසි 3 sets 15 reps	3 sets 15 rep	3 sets 15 reps	88 88
	R. DA	EE			a sets ta reps	a sets 15 rep	3 sets 13 reps	
		Chillips						
	298 2 R	AND -			Renegade / Alternating Plank / Commando Rows	Lateral / Side Shoulder D Raises / Power Partials	umbbell	
	10 knee-to-elbows	10 leg raises	matsyence SEATED SPIR	ardha Irasana		A R.A.	M	
	R. R.	AND AND			- Cyr	A A		
			Pase ot	CHIM Lanasana ED FOWARD BEND		1 1 1		
		(1) (7)	SEAT	ED FOWARD BEND	Cleant	1 10 10		
	E H Seal	(1) (3)	and the second se					
	JALA.		внијапс		- 3 sets 15 reps	3 sets 15 rep:		