## #ALDSWEAT

	EXERCISE	SETS	REPS	WEIGHT	TIME	DISTANCE	SPEED	DONE
	SQUATS	3-4			1:00			$\checkmark$
	PUSH-UPS	3-4			1:00			
	GLUTE BRIDGE	3-4			1:00			
	TRICEP DIPS	3-4			1:00			
	SIDE LYING LEG RAISE (HIP ABDUCTION)	3-4			1:00			
	FORWARD PLANK	3-4			1:00			
	HIGH KNEES	3-4			2:00			
WEDNESDAY	TUESDAY: WALK				35:00			
	CARDIO: ALTERNATE JOG 1:00, SPRINT 1:00				20:00			
	STRAIGHT LEG CRUNCHES	4	30					
	MOUNTAIN CLIMBERS	4	30					
	SIDE PLANK (EACH SIDE)	4	30					
	LEG RAISES	4	30					
	RUSSIAN TWIST	4	30					
	THURSDAY: WALK				35:00			
FRIDAY	WALKING LUNGES	3-4			1:00			
	LAY DOWN PUSH-UPS	3-4			1:00			
	CALF RAISES	3-4			1:00			
	ARM CIRCLES SMALL 🖇 BIG	3-4			:30EA			
	SUPERMAN	3-4			1:00			
	PULSE SQUAT	3-4			1:00			
	JUMPING JACKS	3-4			2:00			

**NOTES** COMPLETE 3-4 ROUNDS DEPENDING ON YOUR FITNESS LEVEL. TAKE LITTLE TO NO BREAK IN BETWEEN EXERCISES AND ROUNDS.

+ HILLARY DICKEY

ASHLEY LAUREN