

DAY ONE (1)

20 jumping jacks - 20 second plank

DAY TWO (2)

20 jumping jacks - 20 second plank

DAY THREE (3)

30 jumping jacks - 30 second plank

DAY FOUR (4)

30 jumping jacks - 30 second plank

DAY FIVE (5)

40 jumping jacks - 40 second plank

DAY SIX (6)

40 jumping jacks - no plank

DAY SEVEN (7)

45 jumping jacks - 45 second plank

DAY EIGHT (8)

45 jumping jacks - 45 second plank

DAY NINE (9)

60 jumping jacks - 60 second plank

DAY TEN (10)

60 jumping jacks - 60 second plank

DAY ELEVEN (11)

60 jumping jacks - 60 second plank

DAY TWELVE (12)

60 jumping jacks - 60 second plank

DAY 13 (13)

90 jumping jacks - 90 second plank

DAY FOURTEEN (14)

90 jumping jacks - no plank

DAY FIFTEEN (15)

90 jumping jacks - 90 second plank

DAY SIXTEEN (16)

90 jumping jacks - 90 second plank

DAY SEVENTEEN (17)

90 jumping jacks - 90 second plank

DAY EIGHTEEN (18)

120 jumping jacks - 120 second plank

DAY NINETEEN (19)

120 jumping jacks - 120 second plank

DAY TWENTY (20)

150 jumping jacks - 150 second plank

DAY TWENTY-ONE (21)

150 jumping jacks - no plank

DAY TWENTY-TWO (22)

150 jumping jacks - 150 second plank

DAY TWENTY-THREE (23)

150 jumping jacks - 150 second plank

DAY TWENTY-FOUR (24)

180 jumping jacks - 180 second plank

DAY TWENTY-FIVE (25)

180 jumping jacks - 180 second plank

DAY TWENTY-SIX (26)

210 jumping jacks - 210 second plank

DAY TWENTY-SEVEN (27)

210 jumping jacks - 210 second plank

DAY TWENTY-EIGHT (28)

210 jumping jacks - no plank

DAY TWENTY-NINE (29)

240 jumping jacks - 240 second plank

DAY THIRTY (30)

240 jumping jacks - 240 second plank

DAY THIRTY-ONE (31)

270 jumping jacks - 270 second plank

DAY THIRTY-TWO (32)

300 jumping jacks - 300 second plank

DAY THIRTY-THREE (33)

as many as you can jumping jacks & plank