

BOOST

NO EXCUSES WORKOUT PLAN

WWW.BOOSTBYSTAP.CO.ZA

SUN	5 inch worms 10 squats 15 jump squats 20 russian twists	25 standing calf raises 30 kneeling push ups 35 sit ups 40 walking lunges	45 tricep dips 50 star jumps 55 high knees 60 sec plank
MON	5 jump squats 10 squats 15 jump squats 20 squats	5 sumo squats 10 jump sumo squats 15 sumo squats 20 jump sumo squats	5 ea leg kick backs 10 hip raises 15 ea leg kick backs 20 hip raises
TUES	5 inch worms 10 squats 15 jump squats 20 russian twists	25 standing calf raises 30 kneeling push ups 35 sit ups 40 walking lunges	45 tricep dips 50 star jumps 55 high knees 60 sec plank
WED	5 push ups 10 shoulder taps in plank position 15 push ups 20 shoulder taps in plank position	20 tricep Dips 60 sec plank 20 tricep dips 60 sec plank	20 mountain climbers 15 shoulder press 10 mountain climbers 5 shoulder press
THURS	30 knees to chest 30 butterfly sit ups 30 crunches 30 bicycles	20 knees to chest 20 butterfly sit ups 20 crunches 20 bicycles	10 knees to chest 10 butterfly sit ups 10 crunches 10 bicycles
FRI	45 jumping jacks 15 squats 5 jump squats 50 Russian twists	30 second plank 10 standing calf raises 5 kneeling pushups 30 seconds Superman	10 lunges (each leg) 40 crunches
SAT	30-45 minutes run in total 4 min run 1 min walk		