

WORK IT!

BOOST'S WORKOUT PLANNER

ACTIVITY		REPS	SETS
DAY 1 LEGS	• Squats • Lunges • Hip Raises	20 15 ea leg 25	5 times 30 sec rest between exercise 60 sec rest between sets
DAY 2 CARDIO	• Quick Feet • Starjumps • Burpees	50 25 15	5 times 10 sec rest between exercise 60 sec rest between sets
DAY 3 ARMS	• Push Ups • Plank • Tricep Dips	20 1 min 20	5 times 30 sec rest between exercise 60 sec rest between sets
DAY 4 HIGH INTENSITY	• High Knees • Jump Squats • Box Jumps	30 sec 30 sec 30 sec	5 times 15 sec rest between exercise 60 sec rest between sets
DAY 5 CORE	• Crunches • Alternating Jacknives • Full Sit Ups	35 30 25	5 times 10 sec rest between exercise 60 sec rest between sets