

Daily Workout Plan

Week Five: Back

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Day	Exercise	Repetitions	Sets
Monday	Jumping Jacks	40	3
	Side Planks	30 seconds	3
	Superman	30 seconds	3
	Side-to-Side Push-Ups	10	3
	Dolphin Kicks	20	3
	Glute Bridge	20	3
Tuesday	Zumba	45 minutes	--
Wednesday	Mountain Climbers	20	3
	Bird Dog	10 on each side	3
	Crunches	20	3
	Push Back	10	3
	Swimmer	20	3
	Calf Raise	20	3
Thursday	Burpees	10	3
	Side Planks	30 seconds	3
	Superman	30 seconds	3
	Dolphin Kick	20	3
	Skate Squats	20	3
	Bird Dog	10 on each side	3
Friday	Jumping Jacks	40	3
	Side Planks	30 seconds	3
	Side-to-Side Push-Ups	10	3
	Superman	30 seconds	3
	Dolphin Kick	20	3
	Glute Bridge	20	3
Saturday	Mountain Climbers	20	3
	Windshield Wiper	10	3
	Swimmer	10	3
	Triceps Dip	10	3
	Fire Hydrant	10 on each side	3
	Army Crawl	10	3