

Daily Workout Plan

Week Four: Core

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Day	Exercise	Repetitions	Sets
Monday	Jumping Jacks	35	3
	Planks	30 seconds	3
	Crunches	20	3
	Burpees	10	3
	Cross Body Crunches	20	3
	Triceps Dip	10	3
Tuesday	Zumba	45 minutes	--
Wednesday	Jumping Jacks	35	3
	Side Planks	30 seconds	3
	Windshield Wiper	10	3
	Donkey Kicks	10 on each side	3
	Leg Pull-ins	20	3
	Scissor Kick	20	3
Thursday	Jumping Jacks	35	3
	Planks	30 seconds	3
	Reverse Crunch	10	3
	Crocodile Crawl	10	3
	Lying Leg Raise	10	3
	Single Leg Squats	10 on each side	3
Friday	Jumping Jacks	35	3
	Side Planks	30 seconds	3
	Side-to-Side Push-Ups	10	3
	Lunge	10 on each side	3
	Crunches	20	3
	Cross Body Crunches	20	3
Saturday	Jumping Jacks	35	3
	Planks	30 seconds	3
	Push-Ups	10	3
	Triceps Dip	10	3
	Reverse Crunches	10	3
	Lying Leg Lift	10	3