

Daily Workout Plan

Week Six: Total Body

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Day	Exercise	Repetitions	Sets
Monday	Mountain Climbers	20	3
	Triceps Dip	20	3
	Windshield Wiper	10	3
	Swimmer	10	3
	Fire Hydrant	20 on each side	3
	Army Crawl	10	3
Tuesday	Zumba	45 minutes	--
Wednesday	Jumping Jacks	40	3
	Planks	40 on each side	3
	Push-Ups	10	3
	Scissor Kick	20	3
	Bird Dog	20 on each side	3
	Wall Squats	30 seconds	3
Thursday	Mountain Climber	20	3
	Triceps Dip	20	3
	Windshield Wiper	10	3
	Swimmer	10	3
	Fire Hydrant	20 on each side	3
	Army Crawl	10	3
Friday	Jumping Jacks	40	3
	Planks	30 seconds	3
	Push-Ups	10	3
	Scissor Kick	20	3
	Bird Dog	20 on each side	3
	Wall Squats	30 seconds	3
Saturday	Mountain Climbers	20	3
	Triceps Dip	20	3
	Windshield Wiper	10	3
	Swimmer	20	3
	Fire Hydrant	20 on each side	3
	Army Crawl	10	3