

# Daily Workout Plan

## Week Three: Lower Body

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Day	Exercise	Repetitions	Sets
Monday	Jumping Jacks	30	3
	Squats	20	3
	Wall Squat	30 seconds	3
	Skater Squats	20	3
	Single Leg Squat	10 on each side	3
	Donkey Kicks	20	3
Tuesday	Zumba	45 minutes	--
Wednesday	Jumping Jacks	30	3
	Sumo Squat	20	3
	Fire Hydrant	10 on each side	3
	Glute Bridge	20	3
	Lunge	10 on each side	3
	Calf Raise	20	3
Thursday	Jumping Jacks	30	3
	Squats	20	3
	Wall Squat	30 seconds	3
	Single Leg Squats	10 on each side	3
	Donkey Kicks	20	3
	Triceps Dip	5 (set 1), 7 (set 2), 10 (set 3)	3
Friday	Jumping Jacks	30	3
	Sumo Squat	20	3
	Fire Hydrant	10 on each side	3
	Glute Bridge	20	3
	Lunge	10 on each side	3
	Calf Raise	20	3
Saturday	Jumping Jacks	30	3
	Push-Ups	5 (set 1), 7 (set 2), 10 (set 3)	3
	Squats	20	3
	Triceps Dip	5 (set 1), 7 (set 2), 10 (set 3)	3
	Wall Squat	30 seconds	3
	Mountain Climbers	20	3