

Daily Workout Plan

Week Two: Upper Body

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Day	Exercise	Repetitions	Sets
Monday	Jumping Jacks	25	3
	Push-Ups	5 (set 1), 7 (set 2), 10 (set 3)	3
	Mountain Climber	20	3
	Push Back	5 (set 1), 7 (set 2), 10 (set 3)	3
	Box Jump	20	3
	Triceps Dip	5 (set 1), 7 (set 2), 10 (set 3)	3
Tuesday	Zumba	45 minutes	--
Wednesday	Jumping Jacks	25	3
	Push-Ups	5 (set 1), 7 (set 2), 10 (set 3)	3
	Crab Walk	10 (or hold for 20 seconds)	3
	Side-to-Side Push-Ups	5 (set 1), 7 (set 2), 10 (set 3)	3
	Burpees	20	3
	Triceps Dip	5 (set 1), 7 (set 2), 10 (set 3)	3
Thursday	Jumping Jacks	25	3
	Push-Ups	5 (set 1), 7 (set 2), 10 (set 3)	3
	Mountain Climbers	10	3
	Push Back	5 (set 1), 7 (set 2), 10 (set 3)	3
	Box Jump	20	3
	Triceps Dip	5 (set 1), 7 (set 2), 10 (set 3)	3
Friday	Jumping Jacks	25	3
	Push-Ups	5 (set 1), 7 (set 2), 10 (set 3)	3
	Crab Walk	10 (or hold for 20 seconds)	3
	Side-to-Side Push-Ups	5 (set 1), 7 (set 2), 10 (set 3)	3
	Burpees	20	3
	Triceps Dip	5 (set 1), 7 (set 2), 10 (set 3)	3
Saturday	Jumping Jacks	25	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