

# Fitness Vibes

## MON LEGS

Stretching and warm-up  
25 Squats  
25 Sumo Squats  
Repeat above March in place for 20 sec  
Stretch muscles  
Relax

## TUES ABS

Stretching and warm-up  
20 Standing Oblique Twists  
30-second Floor Plank  
Repeat above  
March in place for 20 seconds  
Stretch muscles  
Relax

## WED ARMS

Stretching and warm-up  
25 Push-ups  
20 Wall Tricep Pushes  
Repeat above  
March in place for 20 seconds  
Stretch muscles  
Relax

## THURS CARDIO

Stretching and warm-up  
50 Jumping Jacks  
30-second Sprint in place  
Repeat above  
March in place for 20 seconds  
Stretch muscles  
Relax

## FRI COMBO

Stretching and warm-up  
10 Squats & 10 Sumo Squats  
10 Standing Oblique Twists  
March in place for 20 seconds  
20 Push-ups  
25 Jumping Jacks  
March in place for 20 seconds  
Stretch muscles  
Relax

## SAT YOUR PICK

Choose from Day 1-4  
to work on your chosen area:  
Legs  
Abs  
Arms or  
Cardio

## SUN REST

Take a break!  
You deserve it Sis.

