

LOSE YOUR WEIGHT IN 4 WEEKS

No Equipment, 10 Minutes/Day

1ST WEEK

Day 1

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 2

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 3

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 4

REST

Day 5

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 6

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 7

REST

2ND WEEK

Day 1

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 2

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 3

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 4

REST

Day 5

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 6

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 7

REST

3RD WEEK

Day 1

10 sec. Squats
10 sec. Lunges
10 sec. Bicycle

Day 2

15 sec. Squats
15 sec. Lunges
15 sec. Bicycle

Day 3

20 sec. Squats
20 sec. Lunges
20 sec. Bicycle

Day 4

REST

Day 5

45 sec. Squats
45 sec. Lunges
45 sec. Bicycle

Day 6

60 sec. Squats
60 sec. Lunges
60 sec. Bicycle

Day 7

REST

4TH WEEK

Day 1

10 Leg Raises
10 Crunches
5 Min Run

Day 2

15 Leg Raises
15 Crunches
5 Min Run

Day 3

20 Leg Raises
20 Crunches
5 Min Run

Day 4

REST

Day 5

30 Leg Raises
30 Crunches
5 Min Run

Day 6

45 Leg Raises
45 Crunches
5 Min Run

Day 7

REST