

# 36 Workouts

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
MON	✓											
WEDS												
FRI												

1. Push Ups [3 Sets of 8 Reps with 10 secs rest]
2. Sit Ups [3 Sets of 10 Reps with 10 secs rest]
3. Rotations [3 Sets of 12 Reps with 10 secs rest]