

foodnurish

10 Week Fitness Plan for Weight Loss

Day	Exercise	Sets/Duration
Monday	Squats	20
	Wall-sit	25 seconds
	Plank	15 seconds
	Push-ups	5
	Jumping jacks	35
	Crunches	25
	Lunges	15
	Sit-ups	10
	Butt-kicks	10
	Tuesday	Squats
Crunches		20
Jumping jacks		10
Push-ups		10

Day	Exercise	Sets/Duration
	Lunges	25
	Sit-ups	35
	Wall-sit	45 seconds
	Plank	30 seconds
	Butt-kicks	20
Wednesday	Squats	15
	Sit-ups	30
	Crunches	30
	Wall-sit	35 seconds
	Jumping jacks	50
	Butt-kicks	25
	Lunges	25
	Plank	40 seconds
	Push-ups	10
Thursday	Squats	35
	Crunches	20

Day	Exercise	Sets/Duration
	Lunges	15
	Plank	30 seconds
	Sit-ups	50
	Wall-sit	60 seconds
	Butt-kicks	35
	Jumping jacks	25
	Push-ups	20
Friday	Squats	25
	Sit-ups	40
	Plank	60 seconds
	Push-ups	30
	Crunches	30
	Lunges	60
	Jumping jacks	55
	Wall-sits	45 seconds
	Butt-kicks	50

