

JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	31
1	2 50 Swimmer Presses	3 50 Servers	4 50 Lateral Leg Lifts per leg	5 25 push-ups	6 100 Jumping Jacks	7 90 second plank hold
8	9 50 L raises	10 50 wide rows	11 50 curtsy lunges	12 25 side lying tricep push-ups per arm	13 2 minutes jump rope	14 2 minutes
15	16 50 upright rows	17 45 preacher curls per arm	18 50 step ups per leg	19 15 tricep push-ups	20 2 minutes of Skaters	21 dead bug 100 reverse crunches
22	23 50 Squat presses	24 40 deadlift & rows	25 50 sumo squat & bicep curls	26 50 chest press and bridge	27 2 minutes high knees	28 100 heel taps
29	30 arm circles 3 minutes	31 30 back extensions	1	2	3	4