

FITNESS DRUM

7 Day Workout Challenge

Monday

Squats
Push Ups
Plank
Glute Bridges

Tuesday

Lunges
Dips
Inchworms
Russian Twists

Wednesday

Reverse Lunges
Inverted Row/Pull
Sprawls
C/G Push Up

Thursday

Burpees
Reverse Plank
Calf Raises
Pike Push Up

Friday

Wall Sits
Bird Dog
Jumping Jacks
Good Mornings

Saturday

Single RDL
Shoulder Tap
Planks
Dead Bugs
Step Ups

Sunday

Bulgarian Split Squat
Supermans
Chinese Plank
Decline Push Up

30 seconds per exercise x 5 rounds
1 minute rest after each round