

# 5- Day Fitness Plan

Day 1

Pushups- 50

Jumping jacks- 50

Burpees- 2x 20

Jump rope- 4 minutes

Side alternate lunges- 3x 15

Reverse Crunch- 100

Diamond push ups- 50



Day 2

**Instructions: Perform 3 sets of 15 for each exercise**

Front squat ( with weights)

Chest press ( with weights)

Bent over row ( bands with handles)

Overhead tricep extension ( with resistance bands)

Side lateral raise ( bands with handles)

Concentration curls ( with weights)

Standing bicep curls (with weights)

Lateral plank walks

Day 3

Fire hydrant- 75 on each leg

Push ups- 50

Donkey kick- 75 on each leg

Squat with side raise- 25 On each leg

Lunges (with weights)- 3 x 15

Crunches- 100

Day 4

**Instructions: 4 sets of 10 for each exercise**

High knees

Jump Squat

Donkey Kicks (15 on each leg)

Planks

Glute bridge ( with bands)

Day 5

**Instructions: 3 sets of 15 for each exercise**

Standing chest press (with resistance bands)

Front raise ( bands with weights)

Alternate Kettlebell Shoulder Press

Upright row ( with weights)

Bicep curls ( with weights)

Tricep extension ( with resistance bands)

Side plank