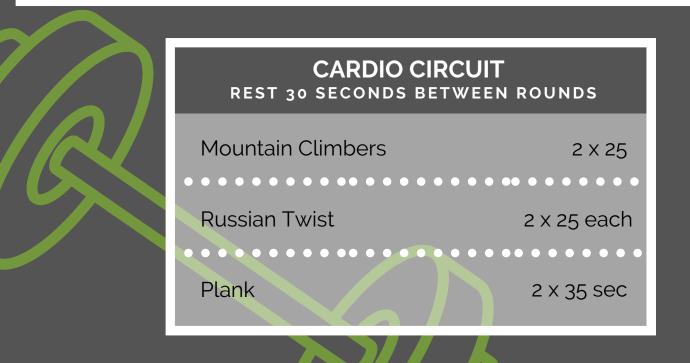




YOU ARE ONE WEEK STRONGER THAN WHEN YOU STARTED.
KEEP IT UP!

ORDER	EXERCISE	SETS & REPS	REST
1	Push-Ups (from knees if needed)	3 × 14	45 sec
2	Chair Dips (go as low as possible)	3 × 12	45 sec
3	Sit-Up	3 × 25	45 sec





SIMILAR TO DAY 3, JUST A LITTLE HARDER. KEEP IT UP!

ORDER	EXERCISE	SETS & REPS	REST		
1	Chair Sit-To-Stand	60 total	30 sec		
• • • • • • • • • • • • • • • • • • • •					
2	Bottom-Start Push-Ups	60 total	30 sec		
•••••••					
3	Seal Jacks	60 total	30 sec		

ABS CIRCUIT GET ALL REPS AS FAST AS POSSIBLE		
Crunches	60 total	
6" Leg Raises	60 total	
V-Ups	30 total	