

	Week 1			Week 2			Week 3			Week 4		
Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
Squats	3	10	Bodyweight	4	12	Bodyweight	3	8	10lbs	3	10	15lbs
Push-ups	3	12		3	15		4	10		4	12	
Chin-ups	4	1		5	1		3	2		3	3,2,2	
Lunges	3	8	Bodyweight	3	10	Bodyweight	3	8	10lbs	3	10	10lbs
Plank	2	30 Seconds		2	35 Seconds		2	40 Seconds		2	45 Seconds	
Side Plank	2	15 Seconds/Side		2	20 Seconds/Side		2	25 Seconds/Side		2	30 Seconds/Side	