

(x3 circuits with 30 sec exercise intervals and 15 sec recovery in between)

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
3 Jumping Jacks Push-ups High Knees Squat Jumps Burpees	4 Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	5 Jumping Jacks Push-ups High Knees Squat Jumps Burpees	6 Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	7 Jumping Jacks Push-ups High Knees Squat Jumps Burpees
10 High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers	11 Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)	12 High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers	13 Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)	14 High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers
17 Squat Jumps Lunges Plank Push-ups Sit-Ups	18 Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats	19 Squat Jumps Lunges Plank Push-ups Sit-Ups	20 Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats	21 Squat Jumps Lunges Plank Push-ups Sit-Ups
24 Flutter Kick Plank Jacks Push-Ups Burpees Plank	25 Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats	26 Flutter Kick Plank Jacks Push-Ups Burpees Plank	27 Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats	28 Flutter Kick Plank Jacks Push-Ups Burpees Plank

August

(x3 circuits and 30 sec intervals with a 15 sec recovery in between)

Monday	Tuesday	Wednesday	Thursday	Friday
31 Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	1 Jumping Jacks Push-ups High Knees Squat Jumps Burpees	2 Flutter Kick Plank Jacks Push-Ups Burpees Plank	3 Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)	4 Squat Jumps Lunges Plank Push-ups Sit-Ups
7 Flutter Kick Plank Jacks Push-Ups Burpees Plank	8 Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	9 Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats	10 Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats	11 Jumping Jacks Push-ups High Knees Squat Jumps Burpees
14 Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats	15 Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats	16 Squat Jumps Lunges Plank Push-ups Sit-Ups	17 Flutter Kick Plank Jacks Push-Ups Burpees Plank	18 Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)
21 Squat Jumps Lunges Plank Push-ups Sit-Ups	22 Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	23 Flutter Kick Plank Jacks Push-Ups Burpees Plank	24 Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)	25 Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats