

EXERCISE MAT

4 weeks / 2-3 times a week

BEGINNER

SET 1



Butterfly sit-ups	10-15 reps.
Air squat	10-15 reps.
Leg raises	10-15 reps.
Push-ups (on knees or toes)	10-15 reps.
Knee to elbow crunch (each side)	10-15 reps.

45-60 SECONDS BREAK BETWEEN EACH EXERCISE

TOTAL OF 3 SETS

SET 2



Shoulder taps	30 sec.
Plank	30 sec.
Burpee	30 sec.

45-60 SECONDS BREAK BETWEEN EACH EXERCISE

TOTAL OF 2 SETS

Note:
Before starting your workout please visit our warnings page. cool2workout/warnings. Always do a warming up and cooling down, and make sure your body is properly hydrated. Preferably leave one day rest in between workouts.