

#FITFABFEB2020

BODY WEIGHT WORKOUT

MON/WED/FRI

2 -3 SETS

- **10 SQUATS**
- **10 PUSH UPS**
- **10 LUNGES**
- **15-SECOND PLANK**
- **20 JUMPING JACKS**
- **STRETCH 5 MINUTES**

**IF YOU HAVEN'T EXERCISED IN A WHILE YOU NEED TO GET THE OKAY FROM
YOUR DOCTOR BEFORE STARTING**

SIZZLING TOWARDS 60 & BEYOND