

# 6 - DAY WORKOUT PLAN

## QUICK MORNING WORKOUTS

### Day 1

20 Sec High Knees  
5 Pushups  
10 Squats  
20 Crunches  
15 Bicycle Crunches  
10 Lunges/Side  
10 Side Lunges/Side

### Day 4

12 Lunges/Side  
20 Sec Wall Sit  
10 Pushups  
20 Crunches  
15 Bicycle Crunches  
10 Lunges/Side  
10 Sec Plank

### Day 2

15 Sec High Knees  
10 Jumping Jacks  
20 Crunches  
15 Hip Bridges  
15 Sec Wall Sit  
7 Pushups  
10 Arm Dips

### Day 5

15 Sec High Knees  
20 Squats  
15 Arm Dips  
10 Sumo Squats  
15 Hip Bridges  
20 Crunches  
20 Bicycle Crunches  
25 Sec Plank  
8 Pushups

### Day 3

15 Sec High Knees  
15 Jumping Jacks  
10 Sumo Squats  
10 Side Crunches/Side  
15 Sec Plank  
15 Squats  
5 Pushups

### Day 6

10 Jumping Jacks  
10 Lunges/Side  
25 Squats  
10 Side Lunges/Side  
10 Sumo Squats  
10 Pushups  
20 Crunches  
20 Bicycle Crunches  
15 Hip Bridges