

Schedule For Weeks 1-2

Day	Exercise / Sets / Reps / Other Information
Day 1	Push ups - 3 sets of as many reps as you can manage Full Dips (Or seated tricep dips) – 3 sets of as many reps as you can manage Squats – 3 sets of 30-50 reps Burpees (*Optional) – 3 sets of 10
Day 2	Pull ups (Or rows if necessary) – 3 sets of as many reps as you can manage Hanging knee raises – 3 sets of as many reps as you can manage
Day 3	<i>Rest Day</i>
Day 4	Push ups - 3 sets of as many reps as you can manage Full Dips (Or seated tricep dips) – 3 sets of as many reps as you can manage Squats – 3 sets of 30-50 reps Burpees (*Optional) – 3 sets of 10
Day 5	Chin ups (Or rows if necessary) – 3 sets of as many reps as you can manage Hanging knee raises – 3 sets of as many reps as you can manage
Day 6	<i>Rest Day</i>
Day 7	<i>Rest Day</i>