

SAMMI'S SECRETS - HOME WORKOUT CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SQUATS CRUNCHES PLANK	1 30 20 10s	2 35 25 15s	3 40 30 20s	4 45 35 -	5 - 40 30s	6 55 - 35s
7 60 50 40s	8 65 55 45s	9 70 60 -	10 - 65 50s	11 80 70 55s	12 85 - 60s	13 90 80 65s
14 95 85 -	15 100 90 70s	16 - 95 75s	17 110 100 80s	18 115 - 90s	19 120 110 -	20 125 115 100s
21 130 120 105s	22 - 125 110s	23 140 130 115s	24 145 - 120s	25 150 140 -	26 155 145 130s	27 160 150 135s
28 - 160 140s	29 170 - 145s	30 175 175 -	31 180 180 150s	GOOD JOB!!! KEEP GOING. PUSH YOURSELF!		