12 Week Workout Plan

Monday
- 20 Squats
- 15 Seconds Plank
- 25 Crunches
- 35 Jumping Jacks
- 15 Lunges
- 25 Seconds Wall Sit
- 10 Sit-Ups
- 10 Butt Kicks
- 5 Push Ups

Tuesday
- 10 Squats
- 30 Seconds Plank
- 25 Crunches
- 10 Jumping Jacks
- 25 Lunges
- 45 Seconds Wall Sit
- 35 Sit-Ups
- 25 Butt Kicks
- 10 Push Ups

Wednesday
- 15 Squats
- 40 Seconds Plank
- 30 Crunches
- 50 Jumping Jacks
- 25 Lunges
- 35 Seconds Wall Sit
- 30 Sit-Ups
- 25 Butt Kicks
- 35 Squats
- 30 Seconds Plank
- 20 Crunches
- 25 Jumping Jacks
- 15 Lunges
- 60 Seconds Wall Sit
- 55 Sit-Ups
- 35 Butt Kicks

Thursday
- 25 Squats
- 60 Seconds Plank
- 30 Crunches
- 55 Jumping Jacks
- 60 Lunges
- 45 Seconds Wall Sit
- 40 Sit-Ups
- 50 Butt Kicks
- 30 Push Ups

Friday
- 9 Exercises: Squats, Crunches, Lunges, Forearm Plank, Jumping Jacks, Wall Sit, Butt Kicks, Sit Ups, Push Ups