

Monday	Tuesday	Wednesday	Thursday	Friday
5 mins of stretching				
10-15 Sit-ups	10-15 press-ups	10 Star Jumps	10 Burpees	10 Hurdle Jumps
30 Mountain Climbers	30 Jumping Jacks	Inchworm (5 times)	10 Squats	Crab Walks
Climb the rope (30 secs)	Plank (30-60 seconds)	Side Plank (30-60 seconds)	Speed Skaters 10 Each Side	Small Arm Circles (30 Seconds)
All exercises are accompanied with 10 mins of cardio (Cardio ideas are supplied below)				

Cardio Exercise Ideas:

Playing Football, Playing on Trampoline, Cycling, Running, Dancing, Gymnastics, Swimming, etc.