

28-DAY WORKOUT PLAN ACCORDING TO THE AGE



MONDAY

- 55 sec plank
- 15 push-ups
- 25 lunges
- 20 sit ups
- 35 jumping jacks

TUESDAY

- 30 squats
- 25 jumping jacks
- 45 sec plank
- 25 crunches
- 22 push-ups

WEDNESDAY

- 33 sec plank
- 15 push-ups
- 20 lunges
- 15 sit ups
- 24 jumping jacks

THURSDAY

- 20 squats
- 15 jumping jacks
- 30 sec plank
- 20 crunches
- 10 push-ups



MONDAY

- 45 sec plank
- 10 push-ups
- 15 lunges
- 15 sit ups
- 20 jumping jacks

TUESDAY

- 23 squats
- 23 jumping jacks
- 40 sec plank
- 20 crunches
- 20 push-ups

WEDNESDAY

- 30 sec plank
- 10 push-ups
- 25 lunges
- 15 sit ups
- 20 jumping jacks

THURSDAY

- 15 squats
- 20 jumping jacks
- 35 sec plank
- 20 crunches
- 10 push-ups



MONDAY

- 33 sec plank
- 15 push-ups
- 20 lunges
- 15 sit ups
- 24 jumping jacks

TUESDAY

- 20 squats
- 15 jumping jacks
- 30 sec plank
- 20 crunches
- 10 push-ups

WEDNESDAY

- 55 sec plank
- 15 push-ups
- 25 lunges
- 20 sit ups
- 35 jumping jacks

THURSDAY

- 30 squats
- 25 jumping jacks
- 45 sec plank
- 25 crunches
- 22 push-ups



MONDAY

- 30 sec plank
- 10 push-ups
- 25 lunges
- 15 sit ups
- 20 jumping jacks

TUESDAY

- 15 squats
- 20 jumping jacks
- 35 sec plank
- 20 crunches
- 10 push-ups

WEDNESDAY

- 45 sec plank
- 10 push-ups
- 15 lunges
- 15 sit ups
- 20 jumping jacks

THURSDAY

- 23 squats
- 23 jumping jacks
- 40 sec plank
- 20 crunches
- 20 push-ups

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