

DAILY CROSS FIT

No Equipment, 10 Minutes/Day

1ST WEEK

Monday 6-17-24

30 Sec Mountain climber	5 push-ups	30 sec cobra stretch
14 Backward Lunge	15 crunches	
30 Second bicycle crunches	15 sec plank	

Tuesday 6-18-24

30 Sec Mountain climber	5 push-ups	30 sec cobra stretch
14 Tricep Dips	15 long arm crunches	
30 Second bicycle crunches	15 sec plank	

Wednesday 6-19-24

30 Sec Mountain climber	5 push-ups	30 sec cobra stretch
14 Backward Lunge	15 crunches	
30 Second bicycle crunches	15 sec plank	

Thursday 6-20-24

330 SEC MOUNTAIN CLIMBER	5 PUSH-UPS	30 SEC COBRA STRETCH
14 HEEL TOUCH	15 CRUNCHES	
30 SECOND FLUTTER KICK	15 SEC PLANK	

Friday 6-21-24

30 Sec Mountain climber	10 Incline push-ups	30 sec cobra stretch
14 Backward Lunge	15 crunches	
30 Second bicycle crunches	15 sec plank	

Saturday 6-22-24

30 Sec Mountain climber	5 push-ups	30 sec cobra stretch
14 Backward Lunge	15 crunches	
30 Second Squat Pulses	15 sec plank	

Sunday 6-23-24

REST