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Perform exercises at your fitness level. If you need assistance from one of our Personal Trainers, please feel free to reach out at (310)374-3426, option 3 to speak with one directly or make an appointment. **Stay Healthy and Safe!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					 1 4 Reps	 2 5 Reps
3 REST	4  6 Reps	5  7 Reps	6  8 Reps	7  9 Reps	8  10 Reps	9  11 Reps
10 REST	11  12 Reps	12  13 Reps	13  14 Reps	14  15 Reps	15  16 Reps	16  17 Reps
17 REST	18  4 Reps	19  5 Reps	20  6 Reps	21  7 Reps	22  8 Reps	23  9 Reps
24 REST	25  10 Reps	26  11 Reps	27  12 Reps	28  13 Reps	29  14 Reps	30  15 Reps
31 REST						

Stars workout

- Inchworm
- Planks (30 seconds)
- Chair dips
- Squats

Stripes workout

- Upright row
- Bicep curl
- Push ups (wall, modified, or regular)
- Lunges

Weekly reps:

- Week 1-3: 2 sets of each exercise
- Week 4-5: 3 sets of each exercise



A Beach Cities Health District Program