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| **All exercises to be completed using 4 sets of 8 reps followed by a 5th set to failure** | **Workout 1** | **Workout 2** | **Workout 3** | **Workout 4** | **Workout 5** | **Workout 6** |
| **Push Ups (knees on floor)** |  |  |  |  |  |  |
| **Table Pull Ups (knees bent)** |  |  |  |  |  |  |
| **Pike Push Ups (hips high as possible)** |  |  |  |  |  |  |
| **Squats (assisted)** |  |  |  |  |  |  |
| **Chair Tricep Dips (knees bent)** |  |  |  |  |  |  |
| **Lunges (assisted)** |  |  |  |  |  |  |
| **Crunches** |  |  |  |  |  |  |
| **Beginners’ Plank (measured in seconds, knees on floor)** |  |  |  |  |  |  |