|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |  |
| **Table Pull Ups** |  |  |  |  |  |  |
| **Pike Push Ups** |  |  |  |  |  |  |
| **Squats** |  |  |  |  |  |  |
| **Chair Tricep Dips** |  |  |  |  |  |  |
| **Lunges** |  |  |  |  |  |  |
| **Sit Ups** |  |  |  |  |  |  |
| **Plank (measured in seconds)** |  |  |  |  |  |  |