

UFIT Workout 6

Progressive daily workout

Monday:

10 push ups

25 squats

30 second plank

20 lunges

30 second wall sit

Tuesday:

15 push ups

30 squats

45 second plank

30 lunges

45 second wall sit

Wednesday:

20 push ups

40 squats

1 minute plank

40 lunges

1 minute wall sit

Thursday:

25 push ups

50 squats

1 minute plank

50 lunges

1 minute wall sit

Friday:

30 push ups

60 squats

1 minute plank

50 lunges

2 minute wall sit