



LEAN BACK



SQUAT



DIP



CLAM



STEP UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7000-10,000 steps Squat/Wall sit/ Lunge Glute bridge Lean back Row Back extension Chin tuck	7000-10,000 steps	7000-10,000 steps Step ups Clam Push up Back extension Calf raise Chin tuck	7000-10,000 steps	7000-10,000 steps Squat/Wall sit/ Lunge Glute bridge Dip Row Cycling legs Chin tuck	7000-10,000 steps	7000-10,000 steps Side plank Lying shoulder raise Wrist exercise Bicep curls Tricep extension Skull crushers Lateral raise

YOUR

ULTIMATE FITNESS CALENDAR

To conclude our Get Your Body Right exercise series, which aims to maintain strength and prevent chronic disease, we've created a cut-out-and-keep two-week plan using the previous five weeks' workouts designed by exercise scientist Deb Lawrence. Once finished, you can repeat it.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7000-10,000 steps	7000-10,000 steps Squat/Wall sit/ Lunge Clam Row Push up Lean back Chin tuck	7000-10,000 steps	7000-10,000 steps Step ups Glute bridge Side plank Row Back extension Calf raise Chin tuck	7000-10,000 steps	7000-10,000 steps Squat/Wall sit/ Lunge Clam Row Dip Cycling legs Lean back	7000-10,000 steps



BICEP CURL



PLANK



SIDE PLANK



GLUTE BRIDGE



CALF RAISE



BACK EXTENSION

BEGINNER:
8 to 12 repetitions
INTERMEDIATE:
20 repetitions
ADVANCED:
Go beyond until
fatigued



SKULL CRUSHER