

700-Muscle Building Reps in 5-Days!!

Complete:

25 each leg Single Leg Deadlifts (no weight)

45 Pike Pushups

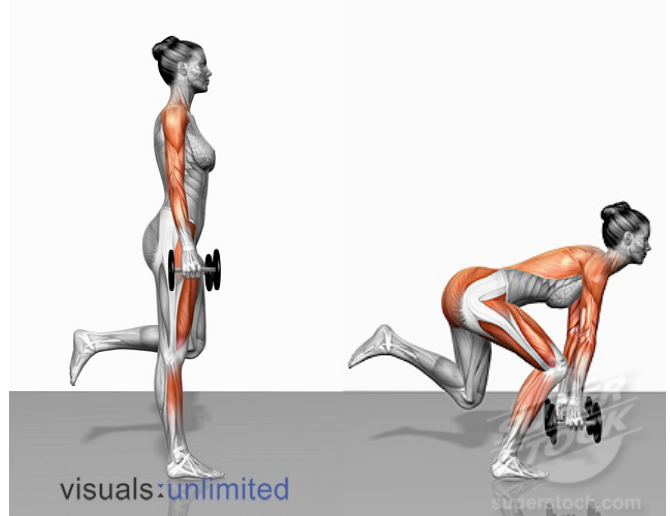
45 BW Squats

*** (not timed) (make it hard!!)**

Both Types of Planks:

Hold 2 Planks Timed as long as you can BUT you must BEAT your first time each day!

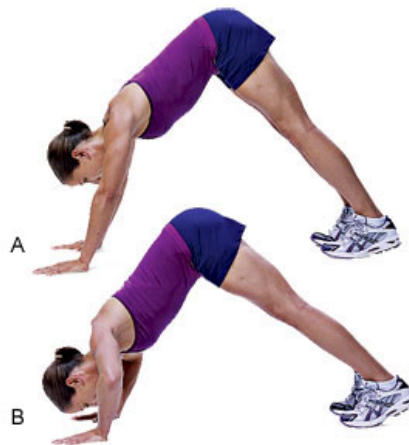
EX: 1st attempt: 1:32 2nd att. 1:36



Exercises	Day 1		Day 2		Day 3		Day 4		Day 5	
BW Squats										
Pike Pushups										
BW Squats										
Straight Arm Planks Hold Timed	1	2								
One Hand Side Planks Timed	L									
	R									



BW Squats
Make sure you get your butt low



Pike Pushups

