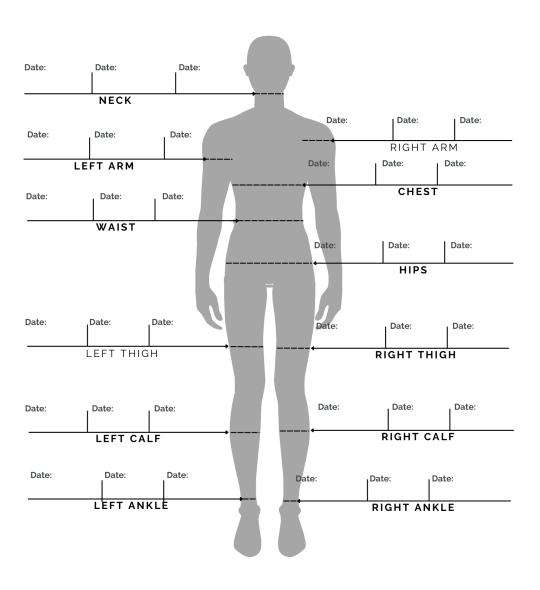
BODY MEASUREMENT CHART



WEIGHT TRACKER

Tracking your weight can be a useful and valuable practice for some people, but it's important to approach it with a healthy mindset and in the context of your overall health and fitness goals.

	STARTING WEIGHT	Г			GOAL W	EIGHT	
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$20 \underset{\text{FITNESS}}{\text{DAYS OF}}$

Follow this 20 days fitness plan to boost your fitness level. Do as many reps as you can!

Repeat 2 times	Day 1	Day 2	Day 3	Day 4	Day 5
Jumping Jacks	10 reps	12 reps	13 reps		14 reps
Crab walk with band	10 reps	12 reps	14 reps		l6 reps
Donkey kicks	10 reps	12 reps	14 reps		16 reps
Push Up	5 reps	5 reps	5 reps		6 reps
Butt lifts	10 reps	12 reps	13 reps	Rest	14 reps
Plank	30 Sec	30 Sec	1 min	Day	1 min
Deadlifts	10 reps	10 reps	10 reps	,	10 reps
Russian twist	10 reps	10 reps	10 reps		10 reps
Side leg raises	10 reps	10 reps	10 reps		10 reps
Overhead sholder press	10 reps	10 reps	10 reps		10 reps
Stretch	10 min	10 min	10 min		10 min
Repeat 2 times	Day 6	Day 7	Day 8	Day 9	Day 10
Jumping Jacks	15 reps	16 reps		17 reps	17 reps
Crab walk with band	18 reps	20 reps		22 reps	22 reps
Donkey kicks	18 reps	20 reps		22 reps	22 reps
Push Up	7 reps	7 reps		8 reps	8 reps
Butt lifts	15 reps	16 reps	Rest	17 reps	18 reps
Plank	1 min	1 min	Day	1 min	1 min
Deadlifts	15 reps	16 reps	,	17 reps	17 reps
Russian twist	15 reps	16 reps		17 reps	17 reps
Side lea raises	15 reps	16 reps		17 reps	17 reps
Overhead sholder press	15 reps	16 reps		17 reps	17 reps
Stretch	10 min	10 reps		10 min	17 reps 10 min
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Repeat 3 times	Day 11	Day 12	Day 13	Day 14	Day 15
Jumping Jacks	18 reps		19 reps	20 reps	21 reps
Crab walk with band	24 reps		26 reps	28 reps	30 reps
Donkey kicks	24 reps		26 reps	28 reps	30 reps
Push Up	9 reps		9 reps	9 reps	9 reps
Butt lifts	19 reps	Rest	20 reps	21 reps	22 reps
Plank	1 min	Day	1 min	1 min	1 min
Deadlifts	18 reps	,	19 reps	20 reps	21 reps
Russian twist	18 reps		19 reps	20 reps	21 reps
Side leg raises	18 reps		19 reps	20 reps	21 reps
Overhead sholder press	18 reps		19 reps	20 reps	21 reps
Stretch	10 min		10 min	10 min	10 min
Repeat 3 times	Day 16	Day 17	Day 18	Day 19	Day 20
Warmup with Jumping Jacks		22 reps	23 reps	24 reps	
Crab walk with band		32 reps	34 reps	36 reps	
Donkey kicks		32 reps	34 reps	36 reps	
Push Up		10 reps	10 reps	10 reps	
Butt lifts	Rest	23 reps	24 reps	25 reps	Rest
Plank	Day	1 min	1 min	1 min	Day
Deadlifts	-	22 reps	23 reps	23 reps	
Russian twist		22 reps	23 reps	23 reps	
Side leg raises		22 reps	23 reps	23 reps	
Overhead sholder press		22 reps	23 reps	23 reps	
Stretch		10 min	10 min	10 min	
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EXCERCISE OVERVIEW

