

DAILY MORNING EXERCISE PLAN

WEEK OF: _____ GOAL TIME: _____

EXERCISE ROUTINE	SETS/REPS	M	T	W	T	F	S	S
Dynamic Stretching / Warm-up	5 Mins							
Bodyweight Squats	3 x 15							
Push-ups (Standard/Incline)	3 x 12							
Plank Hold	45 Secs							
Lunges (Alternating)	3 x 10/side							
Cardio (Jump Rope/Brisk Walk)	10 Mins							

"Consistency is the foundation of excellence."