

# WOCHEN PLAN

## MONTAG

49 squats - 42 knee taps  
35 twists - 28 bicycles  
21 side lunges re/li  
14 push ups  
7 burpees

## DIENSTAG

49 russian twists - 42 squats  
35 lunges re/li  
28 side crunches re/li  
21 Hip drop  
14 burpees - 7 frog jumps

## MITTWOCH

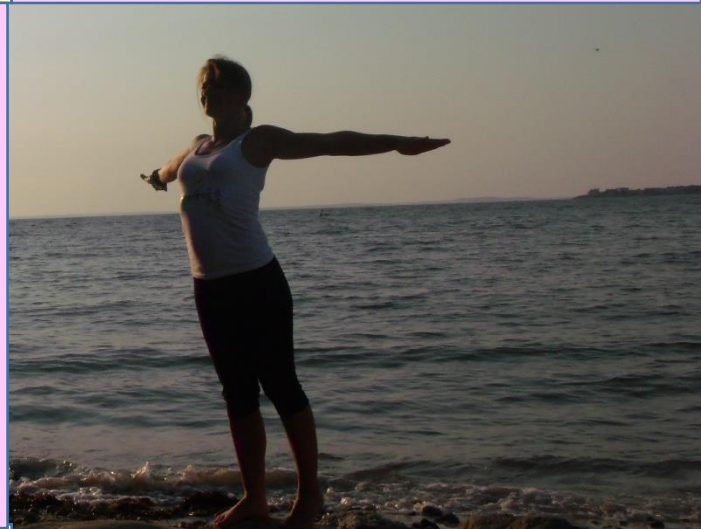
49 sumo squats - 42 knee taps  
35 bicycles  
28 burpee squat hold  
21 open close  
14 boxer crunch - 7 jump squats

## DONNERSTAG

49 jump scissors  
42 2 li 2 re 4 Mitte  
35 Seitsprung re/li  
28 bicycles  
21 jump squats mit hop  
14 burpees - 7 push ups

## FREITAG

49 russian twists - 42 squats  
35 lunge re/li  
28 X in Rückenlage  
21 Zweibeinheben  
14 side crunch in SL re/li  
7 Arm lifts re/li



## SAMSTAG

49 Side Crunch Stand  
42 knee taps Stand  
35 bicycles  
28 Knee tucks  
21 Bergsteiger  
14 Diagonal  
7 Diagonal hip drop re/li

## SONNTAG

49 jump scissors  
42 Bergsteiger  
35 open close  
28 lunges re/li  
21 jump squats mit hop  
14 push ups  
7 frog jumps