

DON'T BE DISCOURAGED!

Z'S 3 DAY-A-WEEK WORKOUT PLAN

Repeat each set 3 times

MONDAY

- 25 squats with 20 lbs.
- 25 lunges with 20 lbs.
- 25 Sit-ups with 20 lbs.
- 10 Tricep extensions with 20 lbs. ea. arm
- 50 jumping-jacks
- 1 minute low plank
- Stretch

WEDNESDAY

- 15 bicep curls with 10 lbs. ea. arm
- 15 bent over rows with 20 lbs. in ea hand
- 20 romanian deadlifts with 20 lbs. in ea. hand
- 50 jumping-jacks
- 1 minute high plank
- Stretch

FRIDAY

- 25 sumo squats with 10 lbs. in ea. hand
- 20 girl push ups (do them regular if you can)
- 20 shoulder presses with 10 lbs. in ea. hand
- 50 jumping-jacks
- 1 minute low plank
- 1 minute wall sits
- Stretch

Note: All Workouts can be found on youtube, so if you don't know how to do one of the workouts, just type it in there to see the form.