

JANUARY 2022



Continuous Improvement - Here's How:

- Make small changes and improvements everyday.
- Do more of what already works - if you already workout, add these exercises at the end!
- Avoid tiny losses. If you miss a day - don't stress continue with the next.
- Measure Backwards - could you add weights to any of the exercises after using no weight the first week.

If you get one percent better each day for a year, you'll end up 37x's better by the time you are done! -James Clear

	SUN	MON	TUES	WED	THURS	FRI	SAT
							60 Prisoner Squats 10 Push-Ups 10 Full Sit Ups
WEEK 1	20 Donkey Kicks (ea. leg) 40 Russian Twists	10 Tricep Dips 45s plank 2 Rounds	10 Walking Lunges/leg 8 Downward Dog Push ups	60 Glute Bridges 10 Side Plank Hip Raises 2 Rounds	REST	70 Prisoner Squats 20 Push-Ups 20 Full Sit Ups	30 Donkey Kicks 50 Russian Twists
WEEK 2	20 Tricep Dips 1:00 Plank 2 Rounds	20 Walking Lunges/leg 10 Downward Dog Push ups	70 Glute Bridges 20 Side Plank Raise 2 Rouds	REST	80 Prisoner Squats 30 Push Ups 30 Full Sit Ups	40 Donkey Kicks/leg 60 Russian Twists	30 Tricep Dips 1:15 Plank 2 Rounds
WEEK 3	30 Walking Lunges/leg 15 Downward Dog Push-Ups	80 Glute Bridges 30 Side Plank Raise 2 Rouds	REST	90 Prisoner Squats 40 Push Ups 40 Full Sit Ups	50 Donkey Kicks/leg 70 Russian Twists	40 Tricep Dips 1:30 Plank 2 Rounds	40 Walking Lunges/leg 20 Downward Dog Push-Ups
WEEK 4	90 Glute Bridges 40 Side Plank Raise 2 Rouds	REST	100 Prisoner Squats 50 Push Ups 50 Full Sit Ups	60 Donkey Kicks/leg 80 Russian Twists	50 Tricep Dips 2:00 Plank 2 Rounds	50 Walking Lunges/leg 30 Downward Dog Push-Ups	100 Glute Bridges 50 Side Plank Raise
WEEK 5	REST						

NEW YEAR, STRONGER YOU, 1% AT A TIME!

