Exercise	Week 1	Reps	Weight	Week 2			Week 3			Week 4		
	Sets			Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
Squats												
Push-ups												
Chin-ups												
_unges												
Plank												
Side Plank												
	Week 5			Week 6			Week 7			Week 8		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
Squats												
Push-ups												
Chin-ups												
Lunges												
D1 1-												
Plank												
Side Plank												
	Week 9			Week 10			Week 11			Week 12		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
Squats												
Push-ups												
Chin-ups												
Lunges												
Plank												
Side Plank												