

DAILY EXERCISE CHART

MONDAY

Squats	☒
Cardio	☒
Push-ups	☒
	☒
	☒

TUESDAY

Planks	☒
Squats	☒
Lunges	☒
	☒
	☒

WEDNESDAY

Squats	☒
Cardio	☒
Push-ups	☒
	☒
	☒

THURSDAY

Pull-ups	☒
Burpees	☒
Skipping	☒
	☒
	☒

FRIDAY

Bicep curl	☒
Cardio	☒
Plank	☒
	☒
	☒

SATURDAY

Squats	☒
Cardio	☒
Push-ups	☒
	☒
	☒

SUNDAY

Take a rest	☒
	☒
	☒
	☒
	☒

Guided Daily Amount Of Exercise

BM King



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