

# Quarantine 14-day Workout Plan

Day 1: Cardio	Day 2: Abs	Day 3: Lower Body	Day 4: Cardio	Day 5: Upper Body	Day 6: Cardio	Day 7: Lower Body
1. 25 x Jump Squats 2. 20 x Jump lunges 3. 15 x Jumping Jacks 4. 40 x Butt kicks 5. 20 x Mountain Climbers (10 each side)	1. 20 second hold of a plank 2. 10 x Standing Knee to Elbow (each side) 3. 10 x Lying Side Bend each side 4. 10 x Slow Switch Kick each side 5. 20 x Russian Twist Slams	1. 10 x Frog hops 2. 15 x Prisoner Squats 4. 10 x Single Leg Donkey Kicks each leg 5. 15 x Good Morning Bends	1. 25 x Step ups Left Leg 2. 25 x Step ups Right Leg 3. 10 x burpees 4. 15 x Jumping Jacks 5. 40 x Butt kicks	1. 10 x Couch Dip 2. 15 x Incline Push ups 3. 5 x Decline Push ups 4. 10 x Regular Push Ups	1. 25 x Jump Squats 2. 20 x Jump lunges 3. 15 x Jumping Jacks 4. 40 x Butt kicks 5. 20 x Mountain Climbers (10 each side)	1. 15 x Frog hops 2. 20 x Prisoner Squats 3. 10 x Reverse Twist with Lunge each side 4. 10 x Single Leg Donkey Kicks each leg 5. 15 x Good Morning Bends

Day 8: Cardio	Day 9: Abs	Day 10: Upper Body	Day 11: Cardio	Day 12: Lower Body	Day 13: Cardio	Day 14: Abs
1. 25 x Step ups Left Leg 2. 25 x Step ups Right Leg 3. 10 x burpees 4. 15 x Jumping Jacks 5. 40 x Butt kicks	1. 30 second hold of a plank 2. 12 x Standing Knee to Elbow (each side) 3. 10 x Lying Side Bend each side 4. 10 x Slow Switch Kick each side 5. 20 x Russian Twist Slams	1. 10 x Couch Dip 2. 15 x Incline Push ups 3. 10 x Decline Push ups 4. 10 x Regular Push Ups	1. 25 x Jump Squats 2. 20 x Jump lunges 3. 15 x Jumping Jacks 4. 40 x Butt kicks 5. 20 x Mountain Climbers (10 each side)	1. 15 x Frog hops 2. 25 x Prisoner Squats 3. 15 x Reverse Twist with Lunge each side 4. 15 x Single Leg Donkey Kicks each leg 5. 15 x Good Morning Bends	1. 25 x Step ups Left Leg 2. 25 x Step ups Right Leg 3. 10 x burpees 4. 15 x Jumping Jacks 5. 40 x Butt kicks	1. 40 second hold of a plank 2. 14 x Standing Knee to Elbow (each side) 3. 10 x Lying Side Bend each side 4. 10 x Slow Switch Kick each side 5. 20 x Russian Twist Slams