

Here's this week 7-Day bodyweight challenge. We are working on the glutes (bum), obliques (those deep core muscles and the waist line), legs and inner thigh muscles.

You can break the exercises up so that you are doing 4 exercises in the morning and repeat in the afternoon and evening. Or, you might decide to complete it all in one go. I personally break it up throughout the day and I find I don't get bored of them! You need to find what suits you best ☺ On the side plank – work to your own ability that is 30 or 60 seconds and keep knees on the ground if you need too.

Having this displayed on the fridge is a great reminder to keep the boxes ticked!!

7 Day Bodyweight Challenge												
	Glute Bridge			Side Plank Left			Side Plank Right			Side Lunge		
	x 30	x 30	x 30	x 30-60 sec	x 30-60 sec	x 30-60 sec	x 30-60 sec	x 30-60 sec	x 30-60 sec	x 20 each leg	x 20 each leg	x 20 each leg
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												