

May

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 16 squats	2 15 sitting knee pull-ins	3 20 second wall sit	4 20 calf raises	5 20 side leg raises (each side)	6 9 tricep dips
7 15 push ups	8 20 squats	9 20 sitting knee pull-ins	10 25 second wall sit	11 25 calf raises	12 25 side leg raises (each side)	13 11 tricep dips
14 20 push ups	15 24 squats	16 25 sitting knee pull-ins	17 30 second wall sit	18 30 calf raises	19 30 side leg raises (each side)	20 13 tricep dips
21 25 push ups	22 28 squats	23 30 sitting knee pull-ins	24 35 second wall sit	25 35 calf raises	26 35 side leg raises (each side)	27 15 tricep dips
28 30 push ups	29 32 squats	30 35 sitting knee pull-ins	31 40 second wall sit			