

# 28 DAY WORKOUT PLAN

## ACCORDING TO THE AGE

Age: **55+**

### MONDAY

- 45 sec plank
- 10 push-ups
- 20 jumping
- 15 lunges
- 15 sit ups

### TUESDAY

- 20 squats
- 15 jumping jacks
- 30 sec plank
- 20 crunches
- 10 push-ups

### WEDNESDAY

- 35 butt Kicks
- 15 push-ups
- 40 jumping Jacks
- 30 sec wall Sit
- 30 squats



# The 28 Day Plan

**N Colangelo**



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