

*Sisterhood* of the shrinking jeans presents:

# THIRTY DAY 'Tone Your Body' Workout Calendar

## EXERCISE 1:

Jumping Jacks - 1 min

## EXERCISE 2:

Pushups - 30 sec



## EXERCISE 3:

Bicycle crunches - 1 min

## EXERCISE 4:

Wall sit - 2 min



## EXERCISE 5:

Mountain climbers - 30 sec

## EXERCISE 6:

Burpees - 1 min

## EXERCISE 7:

Alt lunges - 1 min

## EXERCISE 8:

Plank - 1 min

## EXERCISE 9:

Squats - 30 sec

## EXERCISE 10:

Jumping jacks - 1 min



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Do each exercise for the prescribed amount of time, and don't take breaks between exercises. The entire circuit equals about 10 minutes. We recommend doing the workout 5 days a week with 2 rest days.

Beginners: Do 1 circuit, and modify if needed.

Advanced: Do 2 circuits.

Please consult your physician before beginning a new exercise routine.

