

November



team
NOLA FIT



1 10 Squats 10 Crunches	2 10 Lunges 30 sec Plank	3 10 Squats 15 Crunches
4 10 Lunges 35 sec Plank	5 REST	6 15 Squats 15 Crunches
7 15 Lunges 40 sec Plank	8 20 Squats 20 Crunches	9 15 Lunges 45 sec Plank
10 20 Squats 25 Crunches	11 REST	12 20 Lunges 50 sec Plank
13 25 Squats 25 Crunches	14 20 Lunges 55 sec Plank	15 30 Squats 30 Crunches

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16 25 Lunges 60 sec Plank	17 REST	18 30 Squats 35 Crunches
19 25 Lunges 65 sec Plank	20 35 Squats 35 Crunches	21 30 Lunges 70 sec Plank
22 40 Squats 40 Crunches	23 REST	24 30 Lunges 75 sec Plank
25 40 Squats 45 Crunches	26 30 Lunges 80 sec Plank	27 45 Squats 45 Crunches
28 35 Lunges 85 sec Plank	29 50 Squats 50 Crunches	30 40 Lunges 90 sec Plank