



# Mrs. LaPeer's At Home Abdominals Exercise Plan

On each day do the given exercise for 3 sets.  
Example: 5 Push-Ups, you will do a total of 15 Push-Ups.  
Follow the order of the exercises listed.

## October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10 Crunches :30 Plank 6 Leg Raises	3	4 12 Bicycle Crunches 20 Flutter Kicks	5	6 30 Mountain Climbers :15 Plank	7
8	9	10 10 Crunches :30 Plank 6 Leg Raises	11	12 12 Bicycle Crunches 20 Flutter Kicks	13	14
15	16 30 Mountain Climbers :15 Plank	17	18 10 Crunches :30 Plank 6 Leg Raises	19	20 12 Bicycle Crunches 20 Flutter Kicks	21
22	23	24 12 Bicycle Crunches 20 Flutter	25	26 10 Crunches :30 Plank 6 Leg Raises	27	28
29	30 30 Mountain Climbers :15 Plank	31				

