

# Bridal Booster Challenge

Wednesday



## Exercises

- 20 Squats
- 20 Second Plank
- 20 Russian Twists
- 20 Lunges
- 20 Jumping Jacks
- 20 High Knees

Thursday



## Exercises

- 15 Second Wall Sit
- 15 Push-Ups
- 15 Squats
- 15 Butt Kicks
- 15 Crunches
- 15 Leg Raises

Friday



## Exercises

- 40 Jumping Jacks
- 40 Crunches
- 40 Side Lunges
- 40 Shoulder Taps
- 40 Flutter Kicks
- 15 Lunges

Saturday



## Exercises

- 5 Walk Outs
- 5 Sit-Ups
- 5 Squats
- 5 Bridges
- 5 Mountain Climbers
- 5 Burpees

Sunday



## Exercises

- 1-minute round of (*as many as you can do in a minute*)
- Lunges
  - Crunches
  - Flutter Kicks
  - Squats
  - Plank