The 4 Day Bridal Bootcamp challenge

Thursday

40	Squats
30	Lunges
20	Crunches
10	Jumping Jacks
1 min	Plank

Friday

40	High Knees
30	Russian Twists
20	Leg Raises
10	Jumping Jacks
1 min	Wall Sit

Saturday

40	Mountain Climbers
30	Butt Kicks
20	Glute Bridge
10	Squats
1 min	Plank

Sunday

40	Lunges
30	Leg Raises
20	Russian Twists
10	Jumping Jacks
1 min	Wall Sit