

45 MIN WORKOUT

AGE 18-25



Exercises

10 sit ups
25 push ups
20 squats
15 lunges
15 sec plank
25 crunches
35 jumping jacks

AGE 26-34



Exercises

20 sit ups
15 push ups
10 squats
25 lunges
30 sec plank
25 crunches
10 jumping jacks

AGE 34-42



Exercises

15 sit ups
25 push ups
15 squats
25 lunges
40 sec plank
25 crunches
50 jumping jacks

AGE 43-49



Exercises

10 sit ups
5 push ups
20 squats
15 lunges
15 sec plank
25 crunches
35 jumping jacks

AGE 50+



Exercises

15 sit ups
15 push ups
10 squats
10 lunges
10 sec plank
15 crunches
15 jumping jacks

Men Fitness Home Workout Guide

Clifford Lane



Men Fitness Home Workout Guide:

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