

Day 4		Day 5	
Daily Stretches		Daily Stretches	
YOGA DAY		Pushups - 3x10	
		Plank 5x30 seconds	
		Lunges 2x10 each leg	
		Squat Jumps 3x10	
		Crunches 4x25	
Link for yoga			
https://youtu.be/v7AYKMP6rOE			