



DAY 12

**4 Minutes,
30 Seconds**

35 Jumping Jacks
10 Squats
10 Push-Ups
10 Bent-Over Rows
10 Overhead
Presses
40-Second Plank
40 Jumping Jacks

DAY 13

**6 Minutes,
15 Seconds**

40 Jumping Jacks
12 Squats
12 Push-Ups
12 Bent-Over Rows
12 Overhead
Presses

45-Second Plank
45 Jumping Jacks

DAY 14

**6 Minutes,
30 Seconds**

45 Jumping Jacks
15 Squats
15 Push-Ups
15 Bent-Over Rows
15 Overhead
Presses
50-Second Plank
50 Jumping Jacks

DAY 15

REST!

Tip

"If one of the exercises feels too tough, try breaking it up into smaller sets. Do 2 presses, for example, then rest and repeat."

—Rosante

DAY 16

**6 Minutes,
30 Seconds**

50 Jumping Jacks
10 Squats
10 Push-Ups
10 Bent-Over Rows
10 Overhead
Presses
10 Biceps Curls
40-Second Plank
10 Sit-Ups
50 Jumping Jacks

DAY 17

**7 Minutes,
30 Seconds**

55 Jumping Jacks
12 Squats
12 Push-Ups
12 Bent-Over Rows
12 Overhead
Presses
12 Biceps Curls
45-Second Plank
12 Sit-Ups
55 Jumping Jacks

DAY 18

9 Minutes

60 Jumping Jacks

15 Squats
15 Push-Ups
15 Bent-Over Rows
15 Overhead
Presses
15 Biceps Curls
50-Second Plank
15 Sit-Ups
60 Jumping Jacks

DAY 19

**10 Minutes,
15 Seconds**

65 Jumping Jacks
18 Squats
18 Push-Ups
18 Bent-Over Rows
18 Overhead
Presses
18 Biceps Curls
55-Second Plank
18 Sit-Ups
65 Jumping Jacks

DAY 20

REST!

Tip

"Don't think for a second that biceps curls are for men, that they'll make you look bulky. That's not true at all: They actually work to make your arms leaner."

—Rosante