

28-DAY WORKOUT PLAN

ACCORDING TO THE AGE



AGE: 45-50

MONDAY

- 10 sec plank
- 5 push-ups
- 24 lunges
- 10 sit ups
- 20 jumping jacks

TUESDAY

- 30 squats
- 15 jumping jacks
- 30 sec plank
- 20 crunches
- 10 push-ups

WEDNESDAY

- 23 sec plank
- 10 push-ups
- 21 lunges
- 16 sit ups
- 10 jumping jacks



AGE: 50-55

MONDAY

- 45 sec plank
- 10 push-ups
- 15 lunges
- 15 sit ups
- 20 jumping jacks

TUESDAY

- 20 squats
- 15 jumping jacks
- 30 sec plank
- 20 crunches
- 10 push-ups

WEDNESDAY

- 25 squats
- 20 jumping jacks
- 30 sec plank
- 32 crunches
- 12 push-ups



AGE: 55-60

MONDAY

- 33 sec plank
- 15 push-ups
- 20 lunges
- 15 sit ups
- 24 jumping jacks

TUESDAY

- 23 squats
- 23 jumping jacks
- 40 sec plank
- 20 crunches
- 20 push-ups

WEDNESDAY

- 10 sec plank
- 5 push-ups
- 24 lunges
- 10 sit ups
- 20 jumping jacks



AGE: 60-65

MONDAY

- 33 sec plank
- 15 push-ups
- 20 lunges
- 15 sit ups
- 24 jumping jacks

TUESDAY

- 23 squats
- 23 jumping jacks
- 40 sec plank
- 20 crunches
- 20 push-ups

WEDNESDAY

- 45 sec plank
- 10 push-ups
- 15 lunges
- 15 sit ups
- 20 jumping jacks



AGE: 65+

MONDAY

- 23 squats
- 23 jumping jacks
- 40 sec plank
- 20 crunches
- 20 push-ups

TUESDAY

- 33 sec plank
- 15 push-ups
- 20 lunges
- 15 sit ups
- 24 jumping jacks

WEDNESDAY

- 30 squats
- 15 jumping jacks
- 30 sec plank
- 20 crunches
- 10 push-ups

Plans Of Men

Lei Huang



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