My Workout Plan

\*Push Ups! – 3 Times Weekly  
3 Sets of 15

\*Abs! – 3 Times Weekly  
Reverse Crunches (4 Sets of 15)   
Standing Side Crunches (4 Sets of 10 on each side w/ 10lb Dumbbells)   
Bicycle (4 Sets of 15)   
Leg Lifts (4 Sets of 15)

\*Legs! – 3 Times Weekly  
Walking Lunges (3 Sets of 15)   
Walking Squats (3 Sets of 15)   
Ballet Squats (3 Sets of 15  
Regular Squats (3 Sets of 15)

\*Cardio! – 5 Times Weekly  
45 minutes to an hour

\*Eating Rules!  
No less than 1300 calories and no more the 1400.   
Must keep a food journal to be turned into me once a week.   
Do not skip breakfast  
Drink Lots of Water  
No Sodas (Not even diet)  
No Bread  
No Pasta  
No Coffee  
No Sweets (Unless Sugar Free)  
No Sweet Tea  
Portions should only be the size of your palm

\*Alternate Options (Just to change it up during the week)

Jumping Lunges (5 Sets of 10)   
Scissors (20 Reps)   
Toe Touches (20 Reps) – Lie on your back with a 10lb Dumbbell and your feet in the air and try to touch your toes.  
Tricep Push Ups (3 Sets of 10)