

Dry land Excersizes

Do 4 days a week

pushups	3 X 10
Crunches	3 X 25
Crunches to the right	3 X 20
Crunches to the left	3 X 20
leg lifts	3 X 20
Flutter kicks	3 X 20
wide arm pushps	3 X 10
un weighted squats	3 X 15
Streamline jumpies	3 X 12

rest 1-2 minutes between each set