Month 1	1				5					10										20					25
1 minute of sit-ups.																									
1 minute of press-ups.																									
1 minute of lunges.																									
Month 2																									
1 minute of sit-ups.																									
1 minute of press-ups.																									
1 minute of lunges.																									
Month 3																									
1 minute of sit-ups.																									
1 minute of press-ups.																									
1 minute of lunges.																									
Month 4																									
1 minute of sit-ups.																									
1 minute of press-ups.																									
1 minute of lunges.																									
Month 5																									
1 minute of sit-ups.																									
1 minute of press-ups.																									
1 minute of lunges.																									
Month 6																									
1 minute of sit-ups.																									
1 minute of press-ups.																									
1 minute of lunges.																									