Day 3 workout

15:00

Lateral lunges 3 sets of 10 reps each leg with a 5 kg dumbbell	**60 reps**
Reverse lunges 3 sets of 10 reps each leg	**60 reps**
Band squats 75 reps total	**75 reps**
Crunches 50, then 25, then 25	**100 reps**
Mountain climbers 100 total	**100 reps**
Plank Finish it off	**30 sec**

Equipment: resistance band, 5 kg dumbbell