

## Workout Sets Ultra Marathon

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	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
<b>Squats</b>	15	20	30	25	15	20	15
<b>Crunches</b>	50	-	40	30	40	30	40
<b>Sit-Ups</b>	20	20	10	15	10	15	10
<b>Standing Calf Raises</b>	20	-	20	40	-	20	20
<b>Russian Twists</b>	70	40	50	50	30	100	50
<b>Tricep Dips</b>	20	15	20	-	10	-	-
<b>Plank (sec)</b>	30	-	30	-	-	30	30
<b>Oblique Crunches (total)</b>	20	50	10	30	10	20	30
<b>Lunges (per leg)</b>	20	10	-	10	20	10	10
<b>Push-Ups (full)</b>	5	-	-	-	-	-	10
<b>Push-Ups (Lady)</b>	-	15	15	20	15	15	-
<b>Mountain Climbers</b>	-	50	30	40	30	50	50
<b>Side Plank (each side, sec)</b>	-	-	-	15	-	-	-
<b>Leg Lifts</b>	-	15	-	-	-	-	-
<b>Bicycles</b>	-	50	-	-	-	-	-

**Please note: I am not a medical doctor and not a personal coach. You use this plan at your own risk!**