**FITNESS TABLE**

**Kirizyu Pratito Dipowikoro**

**B1**

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| --- | --- | --- | --- | --- |
|  | Fitness | Intensity | Time | Remarks |
| Day 1 | - Treadmill  - Push ups  - Leg extension | -  - 3 x 12 reps  - 3 x 12 reps | - 10 minutes  -  - |  |
| Day 2 | - Pilates w/ instructor | - | - 60 minutes |  |
| Day 3 | - Push ups | - 3 x 12 reps | - |  |
| Day 4 | - Sit ups | - 3 x 12 reps | - |  |
| Day 5 | - Planks | - | - 5 minutes |  |
| Day 6 | - Sit ups | - 3 x 12 reps | - |  |
| Day 7 | - Push ups | - 3 x 12 reps | - |  |
| Day 8 | - Treadmill  - Push ups  - Leg extension | -  - 3 x 12 reps  - 3 x 12 reps | - 15 minutes  -  - |  |
| Day 9 | - Pilates w/ instructor | - | - 60 minutes |  |
| Day 10 | - Push ups | - 3 x 12 reps | - |  |
| Day 11 | - Sit ups | - 3 x 12 reps | - |  |
| Day 12 | - Planks | - | - 5 minutes |  |
| Day 13 | - Sit ups | - 3 x 12 reps | - |  |
| Day 14 | - Push ups | - 3 x 12 reps | - |  |
| Day 15 | - Treadmill  - Push ups  - Leg extension | -  - 3 x 12 reps  - 4 x 8 reps | - 20 minutes  -  - |  |
| Day 16 | - Pilates w/ instructor | - | - 60 minutes |  |
| Day 17 | - Push ups | - 3 x 12 reps | - |  |
| Day 18 | - Sit ups | - 3 x 12 reps | - |  |
| Day 19 | - Planks | - | - 5 minutes |  |
| Day 20 | - Sit ups | - 3 x 12 reps | - |  |
| Day 21 | - Push ups | - 3 x 12 reps | - |  |
| Day 22 | - Treadmill  - Push ups  - Leg extension | -  - 4 x 8 reps  - 4 x 8 reps | - 20 minutes  -  - |  |
| Day 23 | - Pilates w/ instructor | - | - 60 minutes |  |