30-Day Bodyweight Workout Program

**Starting Point**

Weigh yourself and take body measurements before you start the 30-Day program. You should measure your chest, gut, waist, thighs, calf, arms, and neck. Record these down. Take measurements again when you have completed the program. Don’t even get on a scale at any point during the 30 days. Also, take a before & after photo, both front and profile.

**Warm Up**

Always warm up for at least 5 minutes before working out. A good warm up consists of gentle body movements, not cold stretches. A simple routine is 5 arm circles forward, 5 arm circles backwards, 10 arm huggers, 10 trunk twists, 3-5 Good Mornings, 3-5 slow squats, 2 lunge and hold at the bottom for a count of 5, and 3-5 pushups. This followed by 10-15 jumping jacks.

**Stretch & Cool Down**

After each workout, stretch your body and muscles. Stretches should be static, meaning you hold for a solid 5 seconds on each stretch. Start with your arms, then chest, back, abs (think yoga poses), legs, and finally your mind.

Think about how the work out made you feel. Did you push yourself? What hurts or is extra sore? What was your time/reps/rounds completed? Write these down in your work out logbook. Add notes to yourself so you can improve throughout the 30 days.

**Hydration**

Drink lots of water during the workout and throughout the day. You will sweat a lot during the workouts.

**Exercise Format**

Record your time, reps completed, and rounds completed for each day in a notebook. The workouts will be done 6 days in a row and 1 day of lighter cardio. They should only take you about 15-25 minutes each. Use correct form; quality over quantity. If you do not know how to do a particular exercise, search YouTube for examples.

**Terminology**

AMRAP = As Many Rounds As Possible

EMOM = Every Minute On the Minute

TABATA = 20 seconds work, 10 seconds rest

RFT = Rounds For Time

**Final Thoughts**

Stop working out if you feel pain or cannot keep good form. Have fun with this. You should want to do this workout program. Enjoy yourself!

**Week 1**

100 burpees for time (This sets your baseline)

10x100 – Sprint 100 yards, rest 30 seconds. Repeat for 10 total rounds

50-50-50 AMRAMP – 50 squats, 50 pushups, 50 situps. 20 minutes to complete as many rounds as possible.

2-10 Pyramid – Start at 2 reps and go up by 2 until you are at 10reps, then come back down to 2 (2,4,6,8,10,8,6,4,2). Complete pullups, 2x pushups, 3x situps for each set. (eg. 2 pullups, 4 push ups, 6 situps = first set) Record your time.

Ab #1 TABATA – 5 rounds of each exercise before moving to the next exercise. Record your total reps. Chin to Knees, Leg Lifts, Crunches, Plank, Left Side Plank, Right Side Plank.

Broad Jump – 5 RFT. Burpee Broad Jump for 50 feet. (Do a burpee, then standing broad jump), Walking Lunge back to start. High Knees for 50 feet, Side Straddle Hops back. All four exercises is one round.

Cardio #1 – Run for 30 minutes without stopping at a steady, quick pace.

**Week 2**

10x10 Push Ups & Abs – 10 reps of each exercise then rest. Complete 10 RFT.

10x10 Pull Ups & Squats – 10 reps of each exercise then rest. Complete 10 RFT.

Suicides EMOM – 15ft line, 30ft line, 60ft line. Every minute you start over regardless of where you are. Total complete rounds is your score.

Countdown to Burpees – 5RFT 20 squats, 15 ab exercise, 10 pushups, 5 burpees.

Leg of Steel – 4RFT 25 single jump ropes, 25 sumo squat, 25 Single Leg Bulgarian Squat (one foot on chair behind you), 25 single jump rope

Ab #2 TABATA – 5 rounds of each. Bicycle crunches, Russian Twist, Sit Up, V-up, Plank. Total reps is your score.

Cardio #2 – 15 minutes of walking at a pace that it would be easier to run at. (5.5mph on a treadmill for active people)

**Week 3**

Total Bodyweight – complete every exercise first in order, then rest 2-3 minutes. Repeat for a total of three rounds. 15 Jumping Squats, 15 Push Ups, 10 Pull Ups (scale as needed), 30 Walking Lunges, 15 Dips, & 50 Crunches.

Cardio #3 – Jog for 15 minutes, Run for 8 minutes, Fast Run for 7 minutes. Your goal is cover 3+ miles.

Every Girl Loves Diamonds – Complete 5 RFT. 5 Diamond Push Ups, 10 Leg Raises, 25 Squats, 5 Diamond Push Ups.

3 Up, 3 Down – Complete all exercises with good form. Take 3 seconds to go down, 3 seconds to come back up. Complete 5 sets of each exercise before moving to the next exercise. Rest as little as possible between sets but rest 2-3 minutes between exercises. 5 Push Ups, 10 Sumo Squats, 5 Dips, & 10 Walking Lunges.

Heart Rate HIIT – 5 rounds, rest 3 minutes, 5 more rounds. Complete all exercises in order. 15 Jumping Jacks, 20 Mountain Climbers, 25 yard Sprint.

FU Push Up! – 15 Push Ups, 15 Decline Push Ups, 15 Diamond/Close Arm Push Ups, 15 Wide Arm Push Ups. Rest 3-5 minutes. Repeat.

Ab #3 TABATA – 5 rounds of each: Sit Ups, Supermans, Chin to Knee, Plank. Total Reps is your score.

**Week 4** **– Test Your Progress Week**

50-50-50 AMRAMP – 50 squats, 50 pushups, 50 situps. 20 minutes to complete as many rounds as possible. Compare to your score in Week 1.

Leg of Steel – 4RFT 25 single jump ropes, 25 sumo squat, 25 Single Leg Bulgarian Squat (one foot on chair behind you), 25 single jump rope. Compare to time from Week 2.

Ab #1 TABATA – 5 rounds of each exercise before moving to the next exercise. Record your total reps. Chin to Knees, Leg Lifts, Crunches, Plank, Left Side Plank, Right Side Plank. Compare your total reps to Week 1.

Cardio #2 – 15 minutes of walking at a pace that it would be easier to run at. (5.5mph on a treadmill for active people) You should have gone farther or walked faster if on a treadmill than Week 2.

Countdown to Burpees – 5RFT 20 squats, 15 ab exercise, 10 pushups, 5 burpees. Compare your time to Week 2.

The Mighty 300 – Complete all reps before moving on to the next exercise. 100 Push Ups, 100 Sit Ups, & 100 Squats. Record your time.

REST – do light stretching and drink lots of water.

**Week 5 – Final Exam**

REST – continue to stretch and drink water.

100 burpees for time. Compare your time to Week 1.