

**XM Xtreme-Measures.com**

# 30 Day Body Weight Workout Program



<b>Day 1</b>	7 Pushups 7 Jump Squats 7 Bicycle Crunches	3 Pushups 3 Jump Squats 3 Bicycle Crunches
<b>Day 2</b>	7 Jump Burpees	3 Jump Burpees
<b>Day 3</b>	6 Pushups 6 Jumpsquats 6 Bicycles Crunches 6 Jump Burpees	2 Pushups 2 Jumpsquats 2 Bicycles Crunches 2 Jump Burpees
<b>Day 4 REST</b>		
<b>Day 5</b>	5 Pushups 5 Jump squats 5 Bicycle Crunches 5 Jump Burpees	1 Pushups 1 Jump squats 1 Bicycle Crunches 1 Jump Burpees
<b>Day 6</b>	4 Pushups 4 Jump Squats 4 bicycle Crunches 4 Jump Burpees	1 Pushups 1 Jump Burpees
<b>Day 7</b>		
<b>Day 8 REST</b>		
<b>Day 9</b>	9 Pushups 9 Jump Squats 9 Bicycle Crunches 9 Jump Burpees	4 Pushups 4 Jump Squats 4 Bicycle Crunches 4 Jump Burpees
<b>Day 10</b>	8 Pushups 8 Jumpsquats 8 Bicycles Crunches 8 Jump Burpees	3 Pushups 3 Jumpsquats 3 Bicycles Crunches 3 Jump Burpees
<b>Day 11</b>	7 Pushups 7 Jump squats 7 Bicycle Crunches 7 Jump Burpees	2 Pushups 2 Jump squats 2 Bicycle Crunches 2 Jump Burpees
<b>Day 12 REST</b>		
<b>Day 13</b>	6 Pushups 6 Jump Squats 6 bicycle Crunches 6 Jump Burpees	1 Pushups 1 Jump squats 1 Bicycle Crunches 1 Jump Burpees
<b>Day 14</b>	5 Pushups 5 Jump squats 5 Bicycle crunches 5 Jump Burpees	
<b>Day 15</b>		



**1**  
Push Up



**2**  
Jump Squat



**3**  
Bicycle Crunch



**4**  
Jump Burpee

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# 30 Day Challenge

Face Book Page: [Xtreme-Measures](#)  
 Internet: [www.Xtreme-Measures.com](http://www.Xtreme-Measures.com)

10 Pushups 10 Jump Squats 10 Bicycle Crunches 10 Jump Burpees	5 Pushups 5 Jump Squats 5 Bicycle Crunches 5 Jump Burpees
9 Pushups 9 Jumpsquats 9 Bicycles Crunches 9 Jump Burpees	4 Pushups 4 Jumpsquats 4 Bicycles Crunches 4 Jump Burpees
8 Pushups 8 Jump squats 8 Bicycle Crunches 8 Jump Burpees	3 Pushups 3 Jump squats 3 Bicycle Crunches 3 Jump Burpees
7 Pushups 7 Jump Squats 7 bicycle Crunches 7 Jump Burpees	2 Pushups 2 Jump squats 2 Bicycle Crunches 2 Jump Burpees
6 Pushups 6 Jump squats 6 Bicycle crunches 6 Jump Burpees	1 Pushup 1 Jump squat 1 Bicycle Crunch 1 Jump Burpee
11 Pushups 11 Jump Squats 11 Bicycle Crunches 11 Jump Burpees	6 Pushups 6 Jump Squats 6 Bicycle Crunches 6 Jump Burpees
10 Pushups 10 Jumpsquats 10 Bicycles Crunches 10 Jump Burpees	5 Pushups 5 Jumpsquats 5 Bicycles Crunches 5 Jump Burpees
9 Pushups 9 Jump squats 9 Bicycle Crunches 9 Jump Burpees	4 Pushups 4 Jump squats 4 Bicycle Crunches 4 Jump Burpees
8 Pushups 8 Jump Squats 8 bicycle Crunches 8 Jump Burpees	3 Pushups 3 Jump squats 3 Bicycle Crunches 3 Jump Burpees
7 Pushups 7 Jump squats 7 Bicycle crunches 7 Jump Burpees	2 Pushup 2 Jump squat 2 Bicycle Crunch 2 Jump Burpee
6 Pushups 6 Jump Squats 6 Bicycle Crunches 6 Jump Burpees	1 Pushup 1 Jump squat

<b>Day 16 REST</b>
<b>Day 17</b>
<b>Day 18</b>
<b>Day 19</b>
<b>Day 20 REST</b>
<b>Day 21</b>
<b>Day 22</b>
<b>Day 23</b>
<b>Day 24 REST</b>
<b>Day 25</b>
<b>Day 26</b>
<b>Day 27</b>
<b>Day 28 REST</b>
<b>Day 29</b>
<b>Day 30</b>

Let the Insanity begin! Month 1