XM Xtreme-Measures.com
30 Day Body Weight Workout Program

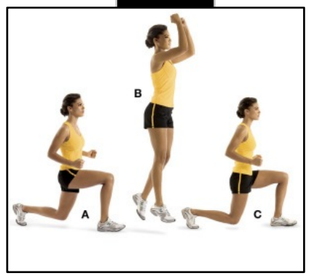
XM Xtreme-Measures
Get FIT4Life

Day 1 REST		
Day 2	7 Pushups 7 Tuck Jumps 7 Ab Wipers 7 Burpees	3 Pushups 3 Tuck Jumps 3 Ab Wipers 3 Burpees
Day 3	6 Pushups 6 Tuck Jumps 6 Ab Wipers 6 Burpees	2 Pushups 2 Tuck Jumps 2 Ab Wipers 2 Burpees
Day 4	5 Pushups 5 Tuck Jumps 5 Ab Wipers 5 Burpees	1 Pushup 1 Tuck Jump 1 Ab Wiper 1 Burpee
Day 5		
Day 6	4 Pushups 4 Tuck Jumps 4 Ab Wipers 4 Burpees	
Day 7		
Day 8 REST		
Day 9	8 Pushups 8 Tuck Jumps 8 Ab Wipers 8 Burpees	3 Pushups 3 Tuck Jumps 3 Ab Wipers 3 Burpees
Day 10	7 Pushups 7 Tuck Jumps 7 Ab Wipers 7 Burpee	2 Pushups 2 Tuck Jumps 2 Ab Wipers 2 Burpees
Day 11	6 Pushups 6 Tuck Jumps 6 Ab Wipers 6 Burpee	1 Pushup 1 Tuck Jump 1 Ab Wiper 1 Burpee
Day 12 REST		
Day 13	5 Pushups 5 Tuck Jumps 5 Ab Wipers 5 Burpee	
Day 14		
Day 15	4 Pushups 4 Tuck Jumps 4 Ab Wipers 4 Burpee	

1

(Snake or Jump box) Push Up

2



Lunge Tuck Jump Combo

Xtreme-Measures

30 Day Challenge

3

Ab Windshield Wipers

4

Burpee with Switch Lunge

More Information at: : Xtreme-Measures.com

	9 Pushups 9 Tuck Jumps 9 Ab Wiper 9 Burpee	4 Pushups 4 Tuck Jumps 4 Ab Wiper 4 Burpee
Day 16 REST		
Day 17	8 Pushups 8 Tuck Jumps 8 Ab Wiper 8 Burpee	3 Pushups 3 Tuck Jumps 3 Ab Wiper 3 Burpee
Day 18	7 Pushups 7 Tuck Jumps 7 Ab Wiper 7 Burpee	2 Pushups 2 Tuck Jumps 2 Ab Wiper 2 Burpee
Day 19	6 Pushups 6 Tuck Jumps 6 Ab Wiper 6 Burpee	1 Pushup 1 Tuck Jumps 1 Ab Wiper 1 Burpee
Day 20 REST		
Day 21	5 Pushups 5 Tuck Jumps 5 Ab Wiper 5 Burpee	
Day 22		
Day 23		6 Pushups 6 Tuck Jumps 6 Ab Wipers 6 Burpees
Day 24 REST	10 Pushups 10 Tuck Jumps 10 Ab Wipers 10 Burpees	5 Pushups 5 Tuck Jumps 5 Ab Wipers 5 Burpees
Day 25	9 Pushups 9 Tuck Jumps 9 Ab Wipers 9 Burpees	4 Pushups 4 Tuck Jumps 4 Ab Wipers 4 Burpees
Day 26	8 Pushups 8 Tuck Jumps 8 Ab Wipers 8 Burpees	3 Pushups 3 Tuck Jumps 3 Ab Wipers 3 Burpees
Day 27	7 Pushups 7 Tuck Jumps 7 Ab Wipers 7 Burpees	2 Pushups 2 Tuck Jumps 2 Ab Wipers 2 Burpees
Day 28 REST		
Day 29		
Day 30		

Let the Insanity Begin!