

<b>Day 1 REST</b>	<h3>Week - 1 Step 7</h3> <p>Do 7 each of the exercises Then 6 Then 5 Then 4 Then 3 Then 2 Then 1</p>
<b>Day 2</b>	
<b>Day 3</b>	
<b>Day 4</b>	
<b>Day 5</b>	
<b>Day 6</b>	
<b>Day 7</b>	

<b>Day 8 REST</b>	<h3>Week - 2 Step 8</h3> <p>Do 8 each of the exercises Then 7 Then 6 Then 5 Then 4 Then 3 Then 2 Then 1</p>
<b>Day 9</b>	
<b>Day 10</b>	
<b>Day 11</b>	
<b>Day 12 REST</b>	
<b>Day 13</b>	
<b>Day 14</b>	
<b>Day 15</b>	

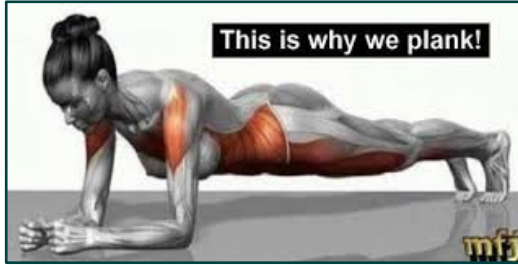


**1**  
**Tricep Push Up**



**2**  
**Single Leg Hops  
(back and Forwards)**

**XTREME XM MEASURES**



**3**  
**Plank**  
This is why we plank!

**Step 7 - 1 MIN**  
**Step 8 - 1 Min 30**  
**Step 9 - 1 MIN 45**  
**Step 10 - 2 MIN**



**4**  
**Modified Squat Thrusts**

<h3>Week - 3 Step 9</h3> <p>Do 9 each of the exercises Then 8 Then 7 Then 6 Then 5 Then 4 Then 3 Then 2 Then 1</p>	<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>	

<h3>Week - 4 Step 10</h3> <p>Do 10 each of the exercises Then 9 Then 8 Then 7 Then 6 Then 5 Then 4 Then 3 Then 2 Then 1</p>	<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>

Face Book Page: Xtreme-Measures

# Let the Insanity Begin!