

# 30 Day Body Weight Workout Program

<b>Day 1</b>	5 Walking push ups 5 Pulse squats 5 Plank hip dips 5-3 Point jump burpee	
<b>Day 2</b>	4 Walking push ups 4 Pulse squats 4 Plank hip dips 4-3 point jump burpee	
<b>Day 3</b>	1 Walking push up 1 Pulse squat 1 Plank hip dip 1-3 point jump burpee	
<b>Day 4 REST</b>		
<b>Day 5</b>	3 Walking push ups 3 Pulse squats 3 Plank hip dips 3-3 point jump burpee	
<b>Day 6</b>	2 Walking push ups 2 Pulse squats 2 Plank hip dips 2-3 point jump burpee	
<b>Day 7</b>		
<b>Day 8 REST</b>		
<b>Day 9</b>	7 Walking push ups 7 Pulse squats 7 Plank hip dips 7 -3 point jump burpees	
<b>Day 10</b>	6 Walking push ups 6 Pulse squats 6 Plank hip dips 6 -3 point jump burpee	2 Walking push ups 2 Pulse squats 2 Plank hip dips 2-3 point jump burpee
<b>Day 11</b>	5 Walking push ups 5 Pulse squats 5 Plank hip dips 5-3 point jump burpee	1 Walking push ups 1 Pulse squat 1 Plank hip dip 1-3 point jump burpee
<b>Day 12 REST</b>		
<b>Day 13</b>	4 Walking push ups 4 Pulse squats 4 Plank hip dips 4 -3 point jump burpee	
<b>Day 14</b>	3 Walking push ups 3 Pulse squats 3 Plank hip dips 3-3 point jump burpee	
<b>Day 15</b>		



**1**  
**Walking Push Up**  
2 Left, 2 Right



**2**  
**4 Pulse Squat**  
pulse down 4 times  
come up (repeat)



**3**  
**Plank Hip Dips**



**4**  
**3 Point Jump Burpee**  
Jump Up,  
Go down at 4:00  
Go down at 6:00  
Go down at 8:00  
Jump back up (repeat)

# XM Xtreme-Measures

## 30 Day Challenge

9 Walking push ups 9 Pulse squats 9 Plank hip dips 9-3 point burpee	4 Walking push ups 4 Pulse squats 4 Plank hip dips 4-3 point burpee
8 Walking push ups 8 Pulse squats 8 Plank hip dips 8-3 point burpee	3 Walking push ups 3 Pulse squats 3 Plank hip dips 3-3 point burpee
7 Walking push ups 7 Pulse squats 7 Plank hip dips 7-3 point burpee	2 Walking push ups 2 Pulse squats 2 Plank hip dips 2-3 point burpee
6 Walking push ups 6 Pulse squats 6 Plank hip dips 6-3 point burpee	1 Walking push ups 1 Pulse squat 1 Plank hip dips 1-3 point burpee
5 Walking push ups 5 Pulse squats 5 Plank hip dips 5-3 point burpee	
10 Walking push ups 10 Pulse squats 10 Plank hip dips 10-3 point burpee	6 Walking push ups 6 Pulse squats 6 Plank hip dips 6-3 point burpee
9 Walking push ups 9 Pulse squats 9 Plank hip dips 9-3 point burpee	5 Walking push ups 5 Pulse squats 5 Plank hip dips 5-3 point burpee
8 Walking push ups 8 Pulse squats 8 Plank hip dips 8-3 point burpee	4 Walking push ups 4 Pulse squats 4 Plank hip dips 4-3 point burpee
7 Walking push ups 7 Pulse squats 7 Plank hip dips 7-3 point burpee	3 Walking push ups 3 Pulse squats 3 Plank hip dips 3-3 point burpee
	2 Walking push ups 2 Pulse squats 2 Plank hip dips 2-3 point burpee
	1 Walking push ups 1 Pulse squats

<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!