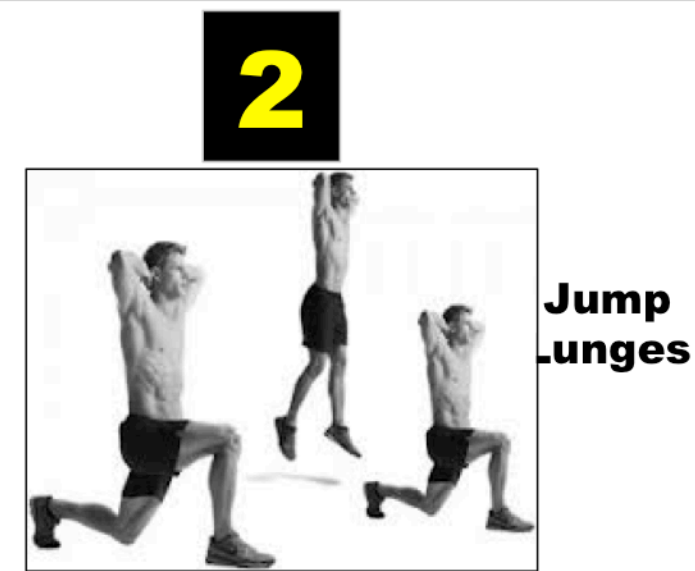


# 30 Day Body Weight Workout Program

<b>Day 1</b>	7 Pushups 7 Lunges 7 Hip Extensions 7 Burpees	3 Pushup 3 Lunge 3 Hip Extensions 3 Burpees
<b>Day 2</b>		
<b>Day 3</b>	6 Pushups 6 Lunges 6 Hip Extensions 6 Burpees	2 Pushups 2 Lunges 2 Hip Extensions 2 Burpees
<b>Day 4 REST</b>		
<b>Day 5</b>	5 Pushups 5 Lunges 5 Hip Extensions 5 Burpees	1 Pushup 1 Lunge 1 Hip Extension 1 Burpee
<b>Day 6</b>	4 Pushups 4 Lunges 4 Hip Extensions 4 Burpee	
<b>Day 7</b>		



**Diamond Push Up**



**Jump Lunges**



**Tuck Jump Burpee**



**1 leg lying Hip Extension**

**XM Xtreme-Measures**  
**30 Day Challenge**

More Info at: [Xtreme-Measures.com](http://Xtreme-Measures.com)

9 Pushups 9 Lunges 9 Hip Extensions 9 Burpees	4 Pushups 4 Lunges 4 Hip Extensions 4 Burpees
8 Pushups 8 Lunges 8 Hip Extensions 8 Burpees	3 Pushups 3 Lunges 3 Hip Extensions 3 Burpees
7 Pushups 7 Lunges 7 Hip Extensions 7 Burpees	2 Pushups 2 Lunges 2 Hip Extensions 2 Burpees
6 Pushups 6 Lunges 6 Hip Extensions 6 Burpees	2 Pushups 2 Lunges 2 Hip Extensions 2 Burpees
5 Pushups 5 Lunges 5 Hip Extensions 5 Burpees	1 Pushup 1 Lunge 1 Hip Extension 1 Burpee

10 Pushups 10 Lunges 10 Hip Extensions 10 Burpees	6 Pushups 6 Lunges 6 Hip Extensions 6 Burpees
9 Pushups 9 Lunges 9 Hip Extensions 9 Burpee	5 Pushups 5 Lunges 5 Hip Extensions 5 Burpee
8 Pushups 8 Lunges 8 Hip Extensions 8 Burpees	4 Pushups 4 Lunges 4 Hip Extensions 4 Burpees
7 Pushups 7 Lunges 7 Hip Extensions 7 Burpees	3 Pushups 3 Lunges 3 Hip Extensions 3 Burpees
	2 Pushups 2 Lunges 2 Hip Extensions 2 Burpees
	1 Pushup 1 Lunge

<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!**