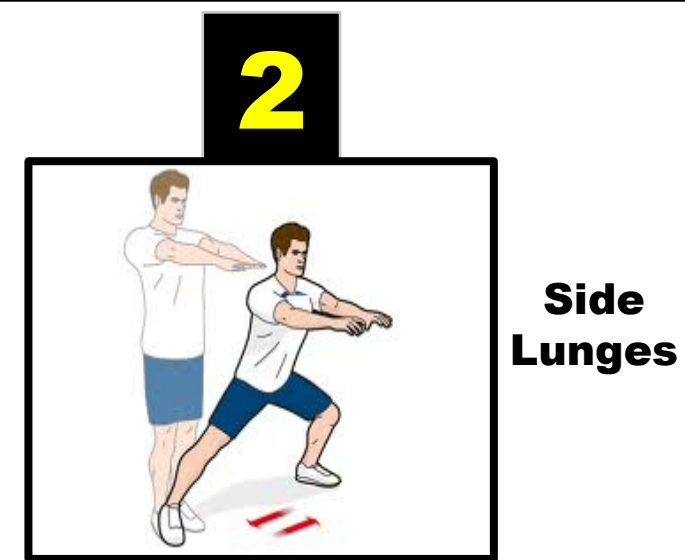


30 Day Body Weight Workout Program

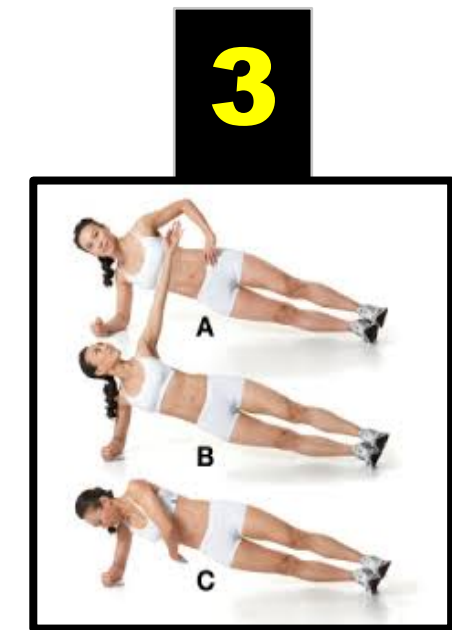
Day 1	5 push ups 5 Side Lunges 5 Planks	
Day 2	5 Rolling Burpee	
Day 3	4 push ups 4 Side Lunges 4 Planks 4 Rolling Burpee	1 push up 1 Side Lunge 1 Plank 1 Rolling Burpee
Day 4 REST		
Day 5	3 push ups 3 Side Lunges 3 Planks 3 Rolling Burpee	
Day 6	2 push ups 2 Side Lunges 2 Planks	
Day 7	2 Rolling Burpee	



Spiderman Push Up



Side Lunges



Side Plank With Twist



Rolling Squat Burpee

XM Xtreme-Measures 30 Day Challenge

Day 8 REST		
Day 9	7 push ups 7 Side Lunges 7 Planks 7 Rolling Burpees	
Day 10	6 push ups 6 Side Lunges 6 Planks 6 Rolling Burpees	2 push ups 2 Side Lunges 2 Planks 2 Rolling Burpees
Day 11	5 push ups 5 Side Lunges 5 Planks 5 Rolling Burpees	2 Rolling Burpees
Day 12 REST		
Day 13	4 push ups 4 Side Lunges 4 Planks 4 Rolling Burpees	1 push ups 1 Side Lunges 1 Plank 1 Rolling Burpee
Day 14	4 Rolling Burpees	
Day 15	3 Walking push ups 3 Pulse squats 3 Plank hip dips 3-3 point jump burpee	

9 push ups 9 Side Lunge 9 Planks 9 Rolling Burpees	4 push ups 4 Side Lunges 4 Planks 4 Rolling Burpees
8 push ups 8 Side Lunge 8 Planks 8 Rolling burpees	3 push ups 3 Side Lunges 3 Planks 3 Rolling Burpee
7 push ups 7 Side Lunge 7 Planks 7 Rolling burpees	2 push ups 2 Side Lunges 2 Planks 2 Rolling Burpees
6 push ups 6 Side Lunge 6 Planks 6 Rolling Burpees	1 push up 1 Side Lunge 1 Plank 1 Rolling Burpee
5 push ups 5 Side Lunge 5 Planks 5 Rolling Burpees	

6 push ups 6 Side Lunges 6 Planks 6 Rolling Burpees	5 push ups 5 Side Lunges 5 Planks 5 Rolling Burpee
10 push ups 10 Side Lunges 10 Planks 10 Rolling Burpees	4 push ups 4 Side Lunges 4 Planks 4 Rolling Burpees
9 push ups 9 Side Lunges 9 Planks 9 Rolling Burpee	3 push ups 3 Side Lunges 3 Planks 3 Rolling Burpees
8 push ups 8 Side Lunges 8 Planks 8 Rolling Burpees	2 push ups 2 Side Lunges 2 Planks 2 Rolling Burpees
7 push ups 7 Side Lunges 7 Planks 7 Rolling Burpees	1 Push up 1 Side Lunge

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

Let the Insanity Begin!