

# XM XTREME-Measures.com

## 30 Day Body Weight Workout Program



### Week - 1 Step 7

Do 7 each of the exercises  
Then 6  
Then 5  
Then 4  
Then 3  
Then 2  
Then 1

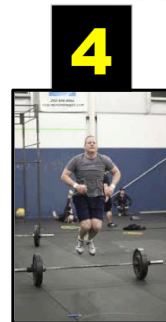


**Tricep Kick & Dip**

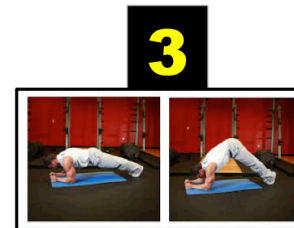


**Single Leg Bridge Pulse**

# XTREME XM MEASURES



**Cannon Ball Burpees**



**Butt - Ups**

Face Book Page: Xtreme-Measures

### Week - 3 Step 9

Do 9 each of the exercises  
Then 8  
Then 7  
Then 6  
Then 5  
Then 4  
Then 3  
Then 2  
Then 1

### Week - 2 Step 8

Do 8 each of the exercises  
Then 7  
Then 6  
Then 5  
Then 4  
Then 3  
Then 2  
Then 1

### Week - 4 Step 10

Do 10 each of the exercises  
Then 9  
Then 8  
Then 7  
Then 6  
Then 5  
Then 4  
Then 3  
Then 2  
Then 1

## Let the Insanity Begin!