



30 day Beginner Workout



Day 1

Pushups: 5
Squats: 10
Situps: 15

Day 2

Pushups: 5
Squats: 12
Situps: 15

Day 3

Pushups: 5
Squats: REST
Plank: 15 sec.

Day 4

Pushups: 7
Squats: 15
Situps: 30

Day 5

Pushups: 7
Squats: 18
Situps: 35

Day 6

Pushups: REST
Squats: 20
Situps: REST

Day 7

Pushups: 8
Squats: REST
Plank: 15 sec.

Day 8

Pushups: 8
Squats: 22
Situps: 45

Day 9

Pushups: 8
Squats: 25
Situps: 50

Day 10

Pushups: 8
Squats: 28
Plank: 30 sec.

Day 11

Pushups: 9
Squats: REST
Situps: 55

Day 12

Pushups: 9
Squats: 30
Situps: REST

Day 13

Pushups: REST
Squats: 32
Situps: 60

Day 14

Pushups: 10
Squats: 35
Plank: 30 sec.

Day 15

Pushups: 10
Squats: REST
Situps: 65

Day 16

Pushups: 10
Squats: 38
Situps: 70

Day 17

Pushups: 11
Squats: 40
Plank: 45 sec.

Day 18

Pushups: 11
Squats: 42
Situps: 75

Day 19

Pushups: 11
Squats: REST
Situps: 75

Day 20

Pushups: REST
Squats: 45
Plank: 45 sec.

Day 21

Pushups: 12
Squats: 48
Situps: REST

Day 22

Pushups: 12
Squats: 50
Situps: 80

Day 23

Pushups: 12
Squats: REST
Situps: 80

Day 24

Pushups: 13
Squats: 52
Plank: 1 min.

Day 25

Pushups: 13
Squats: 55
Situps: 85

Day 26

Pushups: 14
Squats: 58
Situps: 90

Day 27

Pushups: 14
Squats: REST
Situps: REST

Day 28

Pushups: REST
Squats: 60
Plank: 1 min

Day 29

Pushups: 15
Squats: 62
Situps: 95

Day 30

Pushups: 15
Squats: 65
Situps: 100



30 day Intermediate Workout



Day 1

Pushups: 5
Squats: 30
Situps: 15

Day 2

Pushups: 5
Squats: 32
Situps: 15

Day 3

Pushups: 6
Squats: REST
Situps: 25

Day 4

Pushups: 6
Squats: 36
Situps: 30

Day 5

Pushups: 7
Squats: 38
Situps: 35

Day 6

Pushups: REST
Squats: 40
Situps: REST

Day 7

Pushups: 8
Squats: REST
Situps: 45

Day 8

Pushups: 8
Squats: 44
Situps: 45

Day 9

Pushups: 9
Squats: 46
Situps: 50

Day 10

Pushups: 9
Squats: 48
Situps: 55

Day 11

Pushups: 10
Squats: REST
Situps: 55

Day 12

Pushups: 11
Squats: 52
Situps: REST

Day 13

Pushups: REST
Squats: 54
Situps: 60

Day 14

Pushups: 11
Squats: 58
Situps: 65

Day 15

Pushups: 12
Squats: REST
Situps: 65

Day 16

Pushups: 12
Squats: 60
Situps: 70

Day 17

Pushups: 13
Squats: 62
Situps: 70

Day 18

Pushups: 14
Squats: 66
Situps: 75

Day 19

Pushups: 14
Squats: REST
Situps: 75

Day 20

Pushups: REST
Squats: 68
Situps: 75

Day 21

Pushups: 15
Squats: 70
Situps: REST

Day 22

Pushups: 15
Squats: 74
Situps: 80

Day 23

Pushups: 16
Squats: REST
Situps: 80

Day 24

Pushups: 17
Squats: 76
Situps: 85

Day 25

Pushups: 17
Squats: 78
Situps: 85

Day 26

Pushups: 18
Squats: 82
Situps: 90

Day 27

Pushups: 18
Squats: REST
Situps: REST

Day 28

Pushups: REST
Squats: 84
Situps: 95

Day 29

Pushups: 19
Squats: 88
Situps: 95

Day 30

Pushups: 20
Squats: 90
Situps: 100



30 day Advanced Workout



Day 1

Pushups: 5
Squats: 55
Situps: 15

Day 2

Pushups: 7
Squats: 60
Situps: 15

Day 3

Pushups: 7
Squats: REST
Situps: 25

Day 4

Pushups: 8
Squats: 70
Situps: 30

Day 5

Pushups: 9
Squats: 75
Situps: 35

Day 6

Pushups: REST
Squats: 80
Situps: REST

Day 7

Pushups: 8
Squats: REST
Situps: 45

Day 8

Pushups: 9
Squats: 100
Situps: 45

Day 9

Pushups: 10
Squats: 105
Situps: 50

Day 10

Pushups: 10
Squats: 110
Situps: 55

Day 11

Pushups: 12
Squats: REST
Situps: 55

Day 12

Pushups: 12
Squats: 130
Situps: REST

Day 13

Pushups: REST
Squats: 135
Situps: 60

Day 14

Pushups: 13
Squats: 140
Situps: 65

Day 15

Pushups: 15
Squats: REST
Situps: 65

Day 16

Pushups: 16
Squats: 150
Situps: 70

Day 17

Pushups: 16
Squats: 155
Situps: 70

Day 18

Pushups: 19
Squats: 160
Situps: 75

Day 19

Pushups: 21
Squats: REST
Situps: 75

Day 20

Pushups: REST
Squats: 180
Situps: 75

Day 21

Pushups: 23
Squats: 185
Situps: REST

Day 22

Pushups: 26
Squats: 190
Situps: 80

Day 23

Pushups: 28
Squats: REST
Situps: 80

Day 24

Pushups: 30
Squats: 220
Situps: 85

Day 25

Pushups: 32
Squats: 225
Situps: 85

Day 26

Pushups: 34
Squats: 230
Situps: 90

Day 27

Pushups: 36
Squats: REST
Situps: REST

Day 28

Pushups: REST
Squats: 235
Situps: 95

Day 29

Pushups: 38
Squats: 240
Situps: 95

Day 30

Pushups: 40
Squats: 245
Situps: 100