

30 day

FULL BODY WORKOUT PLAN

Day 1

10 squats
 10 knee push-ups
 10 jumping jacks
 20 seconds wall sits
 10 dumbbell chest fly
 10 jumping jacks
 10 walking lunges
 10 dumbbell chest press
 10 jumping jacks
 10 dumbbell overhead triceps extension
 Repeat one more time
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Day 2

10 mountain climbers
 10 forward lunges
 10 bicep curls
 10 mountain climbers
 10 hip thrusts
 10 hammer curls
 10 mountain climbers
 10 Romanian deadlifts
 10 dumbbell rows
 10 mountain climbers
 Repeat one more time

Day 5

10 mountain climbers
 10 forward lunges
 10 bicep curls
 10 mountain climbers
 10 hip thrusts
 10 hammer curls
 10 mountain climbers
 10 Romanian deadlifts
 10 dumbbell rows
 10 mountain climbers
 Repeat one more time

Day 8

12 plié squats
 12 shoulder press
 10 squat hold punches
 12 dumbbell chest fly
 12 knee push-ups
 10 squat hold punches
 12 walking lunges
 12 dumbbell chest press
 10 squat hold punches
 12 dumbbell overhead triceps extension
 12 curtsy lunges
 Repeat one more time

Day 12

Rest day



Day 3

Rest day



Day 6

10 kettlebell swings
 10 bicycle crunches
 10 kettlebell swings
 10 v-sit ups
 10 kettlebell swings
 10 Russian twists
 10 kettlebell swings
 20 second planks
 Repeat one more time
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Day 9

20 marching steps
 12 forward lunges
 12 bicep curls
 20 marching steps
 12 hip thrusts
 12 hammer curls
 20 marching steps
 12 Romanian deadlifts
 12 dumbbell rows
 20 marching steps
 Repeat one more time
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Day 13

25 marching steps
 12 v-sit ups
 12 forward lunges
 12 bicep curls
 25 marching steps
 12 hip thrusts
 12 hammer curls
 15 bicycle crunches
 25 marching steps
 12 Romanian deadlifts
 12 dumbbell rows
 12 Russian twists
 25 marching steps
 15 second planks
 12 good mornings
 25 marching steps
 Repeat two more times

Day 4

10 squats
 10 knee push-ups
 10 jumping jacks
 20 seconds wall sits
 10 dumbbell chest fly
 10 jumping jacks
 10 walking lunges
 10 dumbbell chest press
 10 jumping jacks
 10 dumbbell overhead triceps extension
 Repeat one more time

Day 7

Rest day



Day 10

Rest day

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Day 11

12 plié squats
 12 shoulder press
 10 squat hold punches
 12 dumbbell chest fly
 12 knee push-ups
 10 squat hold punches
 12 walking lunges
 12 dumbbell chest press
 10 squat hold punches
 12 dumbbell overhead triceps extension
 12 curtsy lunges
 Repeat two more times



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