

30 Day Workout Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Workout 1	Workout 2	Off	Workout 1	Off

WORKOUT 1				
Exercise	Time	Sets	Reps	Procedure
1. Walk/Jog	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Step Ups		2-3	15-25	
3. Jump Rope	Do 50 jumps	2-3	25	
4. Chair Squats		2-3	15-20	
5. Dumbbell Bench Press		2-3	15	
6. Dumbbell Curls		2-3	15	
7. Dumbbell Rows		2-3	15	
8. Triceps Extensions		2-3	15-20	
9. Alternate Dumbbell Curls		2-3	15	
10. Crunches		2-3	15-25	
11. Walk/Jog	5 mins			Do walk/jog intervals until you can jog the entire 5 mins. Nonstop.
WORKOUT 2				
Exercise	Time	Sets	Reps	Procedure
1. Walk/Jog	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Jump Rope		2-3	25	
3. Walk/Jog	15mins			
4. Crunches		2-3	25	