

# 30-Day at Home Body Weight Workout

## Routine 1

### Week 1

Day 1: 10 push-ups, 10 sit-ups, 10 air squats (5 rounds)

Day 2: Run 1/2 mile, 25 (or 50 if you can) air squats (3 rounds)

Day 3: 20 lunges, 10 push-ups (5 rounds)

Day 4: Longer run (or whatever it is that you like to do—biking, swimming, etc), \*Add-on: 1 minute front plank, and 1 minute plank on each side

Day 5: Rest day!

Day 6: 50-100 jumping jacks, 25 air squats, 20 push-ups, *for time (keep a record of your time. I have THIS app for my iPhone, but you could just use plain pen and paper and do just fine!)*

Day 7: Run 1 mile *for time*

### Week 2

Day 8: Do one air squat and take one breath, (you can breathe all you want while you do the squat or squats) do 2 and take 2 breaths etc...up to 10, and then come back down to one.

Day 9: Run 1 mile (or run in place, or jump rope, or do short sprints or something to get your blood pumping) and do 10 push-ups every 1 minute.

Day 10: 20 jumping jacks, 10 sit-ups (5 rounds)

Day 11: Longer run (or whatever it is that you like to do—biking, swimming, etc) \*Add-on: 1 minute front plank, and 1 minute plank on each side

Day 12: Rest day!

Day 13: 10 push-ups, 10 sit-ups, 10 air squats (5 rounds)

Day 14: 50-100 jumping jacks, 25 air squats and 20 push-ups (2 rounds) *for time*

### Week 3

Day 15: 20 lunges, 10 push-ups (5 rounds)

Day 16: Run 1 mile, *for time (compare to previous time!)*, and do 50 jumping jacks

Day 17: 10 push-ups, 10 sit-ups, 10 air squats (5 rounds)

Day 18: Longer run (or whatever it is that you like to do—biking, swimming, etc.) *\*Add-on: 1 minute front plank, and 1 minute plank on each side*

Day 19: Rest day!

Day 20: 50-100 jumping jacks, 25 air squats, 20 push-ups, *for time (compare to previous time!)*, then jump rope for 3 minutes (or jump in place mimicking a jump-rope motion if you don't have a jump rope)

Day 21: Sprint 200 meters (1/8th mile...or 1/2 way around a track), do 20 push-ups (3 rounds)

#### Week 4

Day 22: 20 jumping jacks, 10 sit-ups (5 rounds)

Day 23: 100 air squats, *for time*

Day 24: 20 lunges, 15 push-ups (5 rounds) *\*Scale down reps if needed*

Day 25: Longer run (or whatever it is that you like to do—biking, swimming, etc.) *\*Add-on: 1 minute front plank, and 1 minute plank on each side*

Day 26: Rest day!

Day 27: 15 push-ups, 15 sit-ups, 15 air squats (5 rounds) *\*Note: If you're still struggling with this, you can do the 10/10/10 reps)*

Day 28: Run 1 mile, *for time (compare with your other results—have you improved??)* and do 100 jumping jacks

Day 29: Leap forward (jump as far as you can with both feet) 20 times followed by 50 jumping jacks (3 rounds).

Day 30: Today's workout will sum up what we've done and will take a bit longer than other days, so set aside a little bit more time than normal! For today:

*\*20 lunges, 15 push-ups (5 rounds)—decrease push-up reps if needed*

*\*10 sit-ups, 10 air squats (5 rounds) — or up the reps to 15 each*

*\*100 jumping jacks*

*\*jump rope for 1 minute*

*\*25 sit-ups*

## Routine 2

### Week One

Day 1: 20 walking lunges, 10 push-ups, 25 jumping jacks (4 rounds)

Day 2: 10 burpees (you can modify these by going down onto your knees and putting your legs out slower if needed), 1 minute plank, 1 minute side plank (both sides) (3 rounds)

Day 3: 25 air squats, 10 sit-ups, (4 rounds)

Day 4: Longer run (or whatever it is that you like to do—biking, swimming, etc) that lasts at least 30 minutes)

Day 5: Rest Day

Day 6: Ten vertical jumps (crouch down, then jump as high as you can, land and do it again), 10 push-ups (5 rounds)

Day 7: Run 1 mile, *for time*, followed by 100 jumping jacks

### Week Two

Day 8: 10 burpees (you can modify these by going down onto your knees and putting your legs out slower if needed), 1 minute plank, 1 minute side plank (both sides) (3 rounds)

Day 9: How many rounds in 10 minutes (keep going, taking breaks between sets if needed for 10 minutes): 5 push-ups, 10 sit-ups, 15 air squats

Day 10: 20 walking lunges, 50 jumping jacks (4 rounds)

Day 11: Longer run (or whatever it is that you like to do—biking, swimming, etc) that lasts at least 30 minutes

Day 12: Rest day

Day 13: 15 vertical jumps (crouch down, then jump as high as you can, land and do it again), 10 push-ups (5 rounds)

Day 14: Run 1 mile, *for time*, followed by 100 jumping jacks

### Week Three

Day 15: 15 burpees (you can modify these by going down onto your knees and putting your legs out slower if needed), 1 minute plank, 1 minute side plank (both sides) (3 rounds)

Day 16: How many rounds in 10 minutes (keep going, taking breaks between sets if needed for 10 minutes): 5 push-ups, 10 sit-ups, 15 air squats

Day 17: 30 walking lunges, 50 jumping jacks (4 rounds)

Day 18: Longer run (or whatever it is that you like to do—biking, swimming, etc) that lasts at least 30 minutes

Day 19: Rest day

Day 20: 15 vertical jumps (crouch down, then jump as high as you can, land and do it again), 10 push-ups (5 rounds)

Day 21: Run 1 mile, *for time*, followed by 100 jumping jacks and 20 sit-ups

### Week Four

Yes, this final week lasts 9 days. No, I'm not sorry. Because when you're done, you're gonna look at yourself in the mirror and say, "I did it!!!" And your muscles will thank you. Remember: Reduce reps if needed, or increase reps if desired! Be ready for Day 30: It's a doozy!

Day 22: 15-20 burpees (you can modify these by going down onto your knees and putting your legs out slower if needed), 90 second plank, 90 second side plank (both sides) (3 rounds)

Day 23: 20 vertical jumps (crouch down, then jump as high as you can, land and do it again), 10 push-ups (5 rounds)

Day 24: 100 air squats, 100 jumping jacks *for time*

Day 25: Longer run (or whatever it is that you like to do—biking, swimming, etc) that lasts at least 30 minutes

Day 26: Rest Day

Day 27: Run 1 mile, *for time*, followed by 30 sit-ups

Day 28: Leap forward (jump as far as you can with both feet) 20 times (3 rounds)

Day 29: How many rounds in 10 minutes (keep going, taking breaks between sets if needed for 10 minutes): 10 push-ups, 10 sit-ups, 15 air squats

**Day 30: Today's workout will sum up what we've done and will take a bit longer than other days, so set aside a little bit more time than normal! For today:**

**\*20 lunges, 15 push-ups (5 rounds)—decrease push-up reps if needed**

**\*15 sit-ups, 15 air squats (5 rounds) — or up the reps to 20 each**

**\*150 jumping jacks**

**\*jump rope for 1 minute**

**\*20 vertical jumps**

**\*10 burpees**