

# 30 MIN 30 DAYS



## Daily Workouts - 30 MINUTES

| Mon                          | Tue                                 | Wed                                                    | Thu                                          | Fri                                                           | Sat                                               | Sun   |
|------------------------------|-------------------------------------|--------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|-------|
| <u>Mini Mashup</u><br>29:43  | <u>AMRAP 2</u><br>34:12             | <u>Metabolic<br/>Combos</u><br>25:40                   | <u>Glutes 1</u><br>22:15<br><u>Cool Down</u> | <u>Active Recovery</u><br><u>With Arms 1</u><br>10:09         | <u>Ladder 2</u><br>25:49                          | Rest! |
| <u>Strength 1</u><br>31:42   | <u>HIIT 1</u><br>33:25              | <u>The Blessing</u><br>10:22                           | <u>Bodyweight<br/>Intervals</u><br>25:12     | <u>Arms Res Bands</u><br>10:38<br><u>Quick Glutes</u><br>9:28 | <u>Kickboxing<br/>Combo Intervals</u><br>31:06    | Rest! |
| <u>Barre 2</u><br>27:52      | <u>Accumulator</u><br>34:21         | <u>Res Bands</u><br><u>Full Body Strength</u><br>32:34 | <u>Metabolic<br/>Intervals</u><br>33:24      | <u>3-2-1 Strength</u><br><u>Cardio &amp; Core</u><br>29:45    | <u>Stretch</u><br><u>Strength-Core 1</u><br>23:30 | Rest! |
| <u>God is Love</u><br>31:01  | <u>HIIT 2</u><br>33:25              | <u>Waymaker</u><br>8:38                                | <u>Glutes 2</u><br>20:31<br><u>Cool Down</u> | <u>Active Recovery</u><br><u>with 8 Min Arms</u><br>11:02     | <u>Kickboxing</u><br><u>Intervals 2</u><br>29:18  | Rest! |
| <u>Fav Strength</u><br>31:42 | <u>Metabolic<br/>Bench</u><br>35:51 | <u>Circuits</u><br><u>3x33x3</u><br>29:52              | <u>Still My Fav 15</u><br>27:29              | <u>Cardio-Bodyweight</u><br><u>Intervals</u><br>31:07         | <u>Stretch</u><br><u>Strength-Core 2</u><br>23:06 | Rest! |
|                              |                                     |                                                        |                                              |                                                               |                                                   |       |