

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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# Workout Routine For Creators And Bloggers Easy Method For Home Workout

**Yicheng Fang**



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