

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 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



## 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

# With Free Tools How To Improve Home Workout Routine Organically How To

**Yi-Tong Ma**



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web die angebote reichen von ein maligen informati onsveranstaltungen bis zur mehrjährigen fachausbildung absolviere deine nlp ausbildung bei einem vom dvnlp zertifizierten lehrer bzw lehrcoach wenn du ein heiliche ausbildungsstandards und