

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 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

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A Gutmann



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Computer Decisions ,1983 The International Operating Engineer ,1960 *Official Record of the International Union of Operating Engineers* International Union of Operating Engineers,1956 Organic Gardening and Farming Jerome Irving Rodale,1973 **Telematics for Education and Training** Paul Held,Walter F. Kugemann,1995 **Experience with the Management of Software Projects** International Federation of Automatic Control. Technical Committee on Computers,1987 This first IFAC Workshop has brought together the findings and experiences of leading computer engineers and DP managers in the use of software

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