

BODY BURN 30

30 DAY FAT LOSS



BODY30 REPEAT FOR 12 WEEKS

BURN EXERCISES

		SETS	REPS
DAY 1	<u>BODY WEIGHT SQUAT</u>	3-5	8-12
	<u>PUSH UP</u>	3-5	8-12
	<u>DEAD BUG VARIATIONS</u>	3-5	8-12
	<u>GLUTE BRIDGE</u>	3-5	8-12
	<u>PLANK T</u>	3-5	8-12
	<u>SPEED SKATER</u>	3-5	8-12
DAY 2	<u>MOUNTAIN CLIMBERS</u>	3-5	20-30 SEC
	<u>ALTERNATING PRESS UP</u>	3-5	8-12
	<u>SPLIT JUMP</u>	3-5	20-30 SEC
	<u>PLANK</u>	3-5	20-30 SEC
	<u>SKI JUMP</u>	3-5	20-30 SEC
	<u>HAMSTRING STEP OUT</u>	3-5	8-12
DAY 3	<u>REVERSE LUNGE</u>	3-5	8-12
	<u>VINYASA FLOW</u>	3-5	20-30 SEC
	<u>PLANK</u>	3-5	8-12
	<u>GLUTE BRIDGE</u>	3-5	8-12
	<u>PUSH UP</u>	3-5	8-12
	<u>SPEED SKATER</u>	3-5	20-30 SEC
DAY 4	<u>SCORPION THRUSTS</u>	3-5	8-12
	<u>V-SITS</u>	3-5	20-30 SEC
	<u>SCORPION THRUSTS</u>	3-5	8-12
	<u>PLANK SHOULDER TAP</u>	3-5	8-12
	<u>ALTERNATE HIP HINGE</u>	3-5	20-30 SEC
	<u>SEATED ROLL BACK</u>	3-5	20-30 SEC