

30 WOD

DAY

Workout of the Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUDAY
20 Jumping Jacks 10 Tricep Dips 20 Crunches 30 Sec. Wall Sits	20 Squats 10 Russian Twist 10 Pushups 10 Butt Kicks	30 Sec. Planks 10 Burpees 20 Lunges 20 High Knees	<i>Rest</i>	25 Jumping Jacks 15 Tricep Dips 25 Crunches 45 Sec. Wall Sits	30 Squats 20 Russian Twists 12 Push-ups 20 Butt Kicks	45 Sec. Planks 20 High Knees 20 Burpees 30 Lunges
<i>Rest</i>	30 Jumping Jacks 20 Tricep Dips 30 Crunches 60Sec. Wall Sits	35 Squats 25 Russian Twist 15 Pushups 30 Butt Kicks	60 Sec. Planks 30 Burpees 30 Lunges 30 High Knees	<i>Rest</i>	35 Jumping Jacks 25 Tricep Dips 35 Crunches 70 Sec. Wall Sits	40 Squats 30 Russian Twists 18 Push-ups 40 Butt Kicks
70 Sec. Planks 40 High Knees 35 Burpees 35 Lunges	<i>Rest</i>	40 Jumping Jacks 30 Tricep Dips 40 Crunches 80 Sec. Wall Sits	45 Squats 30 Russian Twist 20 Pushups 50 Butt Kicks	80 Sec. Planks 50 Burpees 40 Lunges 40 High Knees	<i>Rest</i>	45 Jumping Jacks 35 Tricep Dips 45 Crunches 90 Sec. Wall Sits
50 Squats 40 Russian Twists 25 Push-ups 60 Butt Kicks	90 Sec. Planks 60 High Knees 45 Burpees 45Lunges	<i>Rest</i>	50 Jumping Jacks 40 Tricep Dips 50 Crunches 100 Sec. Wall Sits	60 Squats 60 Russian Twist 28 Pushups 70 Butt Kicks	100 Sec. Planks 70 Burpees 50 Lunges 50 High Knees	<i>Rest</i>
60 Jumping Jacks 50 Tricep Dips 60 Crunches 110 Sec. Wall Sits	65 Squats 60 Russian Twists 30 Push-ups 80 Butt Kicks	70 Sec. Planks 40 High Knees 35 Burpees 35 Lunges	<i>Rest</i>	60 Jumping Jacks 50 Tricep Dips 60 Crunches 110 Sec. Wall Sits	65 Squats 60 Russian Twist 30 Pushups 80 Butt Kicks	100 Sec. Planks 70 Burpees 50 Lunges 50 High Knees

MWR Trainer Tip: Make sure to rest every 3 days to allow your muscles to recover and grow stronger.