

30 WOD

DAY

Workout of the Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUDAY
5 push-ups 20 Squats 15 Crunches 14 Lunges 10 Hip Bridges 10 Tricep Overhead 10 Upright Rows	6 push-ups 25 Squats 15 Crunches 16 Lunges 12 Hip Bridges 15 Tricep overhead 15 Upright Rows	7 push-ups 30 Squats 20 Crunches 16 Lunges 12 Hip Bridges 20 Tricep overhead 20 Upright Rows	<i>Rest</i>	8 push-ups 35 Squats 25 Crunches 18 Lunges 14 Hip Bridges 25 Tricep overhead 25 Upright Rows	9 push-ups 50 Squats 40 Crunches 20 Lunges 16 Hip Bridges 25 Tricep overhead 25 Upright Rows	10 push-ups 55 Squats 45 Crunches 22 Lunges 18 Hip Bridges 30 Tricep overhead 30 Upright Rows
<i>Rest</i>	10 push-ups 60 Squats 50 Crunches 24 Lunges 20 Hip Bridges 35 Tricep overhead 30 Upright Rows	10 push-ups 65 Squats 55 Crunches 0 Lunges 25 Hip Bridges 40 Tricep overhead 30 Upright Rows	10 push-ups 55 Squats 45 Crunches 22 Lunges 18 Hip Bridges 30 Tricep overhead 30 Upright Rows	<i>Rest</i>	10 push-ups 55 Squats 45 Crunches 22 Lunges 18 Hip Bridges 30 Tricep overhead 30 Upright Rows	10 push-ups 55 Squats 45 Crunches 22 Lunges 18 Hip Bridges 30 Tricep overhead 30 Upright Rows
0 push-ups 75 Squats 60 Crunches 32 Lunges 25 Hip Bridges 45 Tricep overhead 35 Upright Rows	<i>Rest</i>	13 push-ups 80 Squats 65 Crunches 34 Lunges 30 Hip Bridges 50 Tricep overhead 35 Upright Rows	15 push-ups 0 Squats 65 Crunches 36 Lunges 35 Hip Bridges 50 Tricep overhead 40 Upright Rows	15 push-ups 0 Squats 65 Crunches 0 Lunges 40 Hip Bridge 52 Tricep overhead 40 Upright Rows	<i>Rest</i>	19 push-ups 95 Squats 75 Crunches 38 Lunges 40 Hip Bridge 54 Tricep overhead 45 Upright Rows
21 push-ups 0 Squats 75 Crunches 38 Lunges 40 Hip Bridge 54 Tricep overhead 45 Upright Rows	21 push-ups 0 Squats 75 Crunches 38 Lunges 40 Hip Bridge 54 Tricep overhead 45 Upright Rows	<i>Rest</i>	23 push-ups 100 Squats 0 Crunches 40 Lunges 45 Hip Bridge 56 Tricep overhead 30 Upright Rows	26 push-ups 105 Squats 80 Crunches 40 Lunges 50 Hip Bridge 58 Tricep overhead 30 Upright Rows	28 push-ups 0 Squats 80 Crunches 42 Lunges 55 Hip Bridge 58 Tricep overhead 30 Upright Rows	<i>Rest</i>
30 push-ups 110 Squats 85 Crunches 0 Lunges 55 Hip Bridge 60 Tricep overhead 35 Upright Rows	35 push-ups 115 Squats 90 Crunches 46 Lunges 60 Hip Bridge 60 Tricep overhead 35 Upright Rows	34 push-ups 115 Squats 90 Crunches 46 Lunges 60 Hip Bridge 60 Tricep overhead 35 Upright Rows	<i>Rest</i>	38 push-ups 0 Squats 0 Crunches 0 Lunges 60 Hip Bridge 60 Tricep overhead 35 Upright Rows	39 push-ups 120 Squats 95 Crunches 48 Lunges 65 Hip Bridge 65 Tricep overhead 40 Upright Rows	40 push-ups 100 Squats 100 Crunches 50 Lunges 70 Hip Bridge 60 Tricep overhead 50 Upright Rows

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