

DAY 26**19 Minutes**

50 Jumping Jacks
10 Squats
10 Push-Ups
10 Bent-Over Rows
10 Overhead
Presses

10 Biceps Curls
50 Jumping Jacks
10 Sit-Ups

30-Second Plank

Rest 1 Minute

10 Squats
10 Push-Ups
10 Bent-Over Rows
10 Overhead
Presses

10 Biceps Curls
50 Jumping Jacks
10 Sit-Ups
30-Second Plank
50 Jumping Jacks

Rest 1 Minute**Tip**

"At first glance, this may seem daunting, but remember: Each week, each day, each rep has helped you get stronger."

—Rosante

Repeat the second set of moves

DAY 27**23 Minutes**

55 Jumping Jacks
12 Squats
12 Push-Ups
12 Bent-Over Rows
12 Overhead
Presses

12 Biceps Curls
55 Jumping Jacks
12 Sit-Ups
35-Second Plank

Rest 1 Minute

12 Squats
12 Push-Ups
12 Bent-Over Rows
12 Overhead
Presses

12 Biceps Curls
10 Sit-Ups
35-Second Plank
55 Jumping Jacks

Rest 1 Minute

Repeat the second set of moves

DAY 28**26 Minutes**

65 Jumping Jacks
15 Squats
15 Push-Ups
15 Bent-Over Rows
15 Overhead
Presses

15 Biceps Curls
65 Jumping Jacks

15 Sit-Ups
40-Second Plank

Rest 1 Minute

15 Squats
15 Push-Ups
15 Bent-Over Rows
15 Overhead
Presses

15 Biceps Curls
15 Sit-Ups
40-Second Plank
65 Jumping Jacks

Rest 1 Minute

Repeat the second set of moves

DAY 29**30 Minutes, 30 Seconds**

70 Jumping Jacks
18 Squats
18 Push-Ups
18 Bent-Over Rows
18 Overhead
Presses

18 Biceps Curls
70 Jumping Jacks
18 Sit-Ups
45-Second Plank

Rest 1 Minute

18 Squats
18 Push-Ups
18 Bent-Over Rows
18 Overhead
Presses

18 Biceps Curls
18 Sit-Ups
45-Second Plank
70 Jumping Jacks

Rest 1 Minute

Repeat the second set of moves

