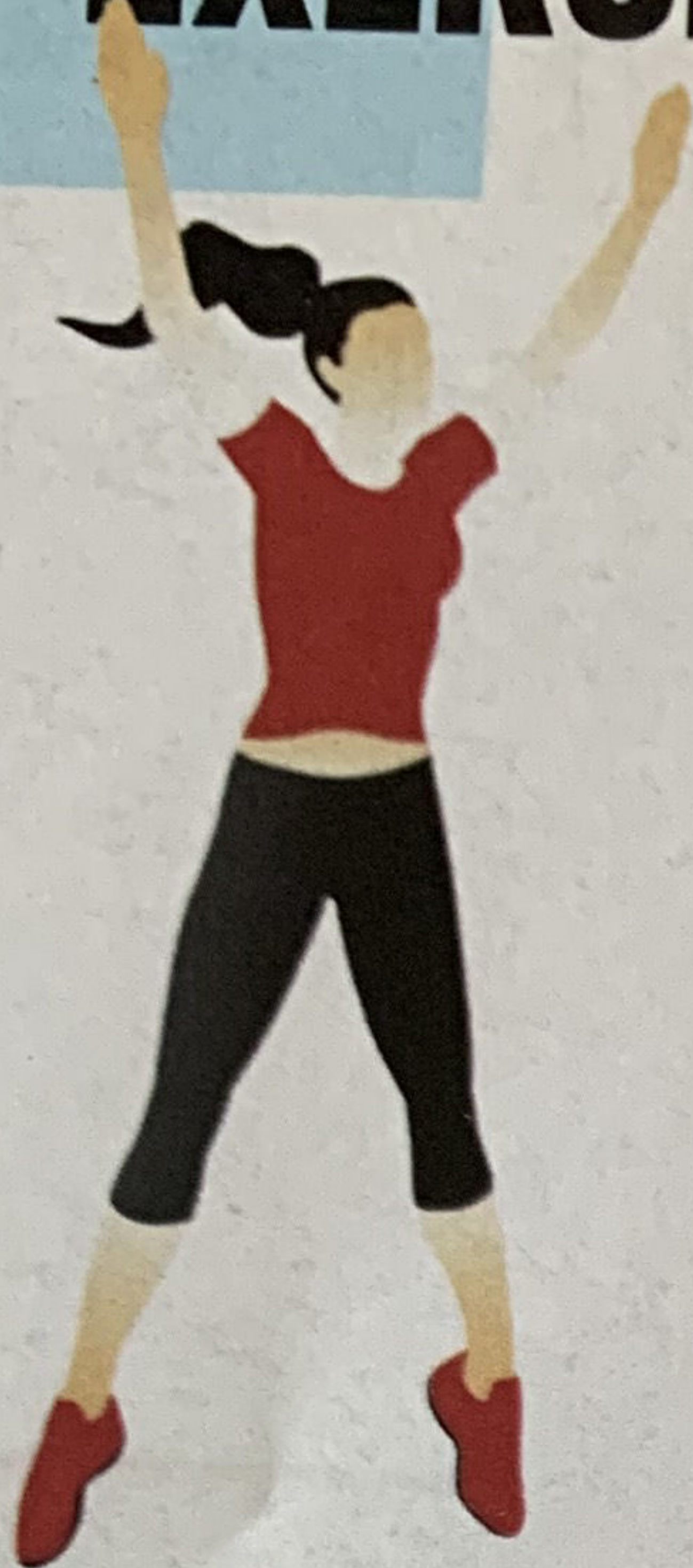


EXERCISES



Jumping Jack

You've known how to do this move forever, but don't be tempted to sail through the set. Keep your knees aligned with your toes, your arms high, and your butt tucked.



Plank

Get in plank position, with your forearms on the floor. Draw your butt down and belly in, so your body is straight and parallel with the ground.

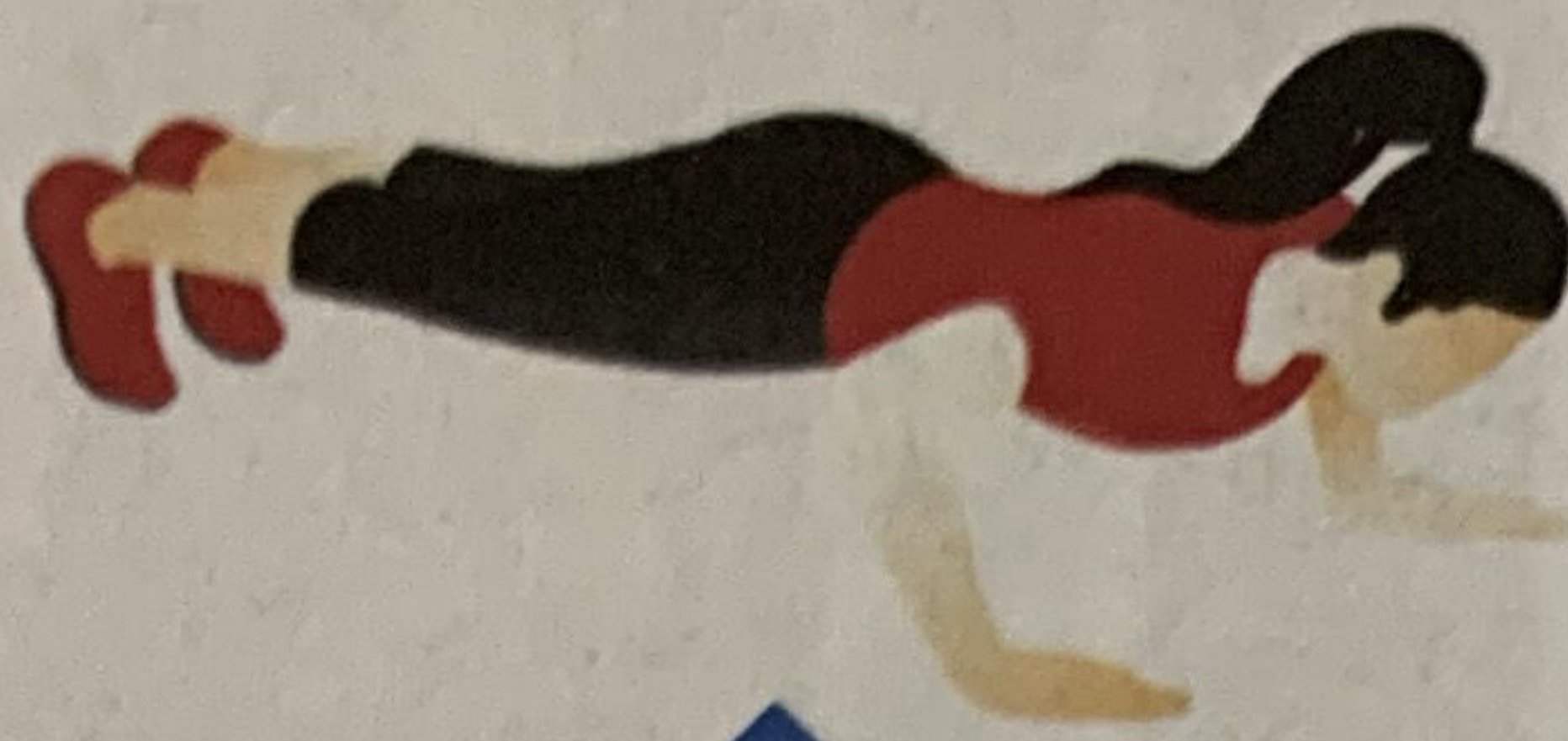
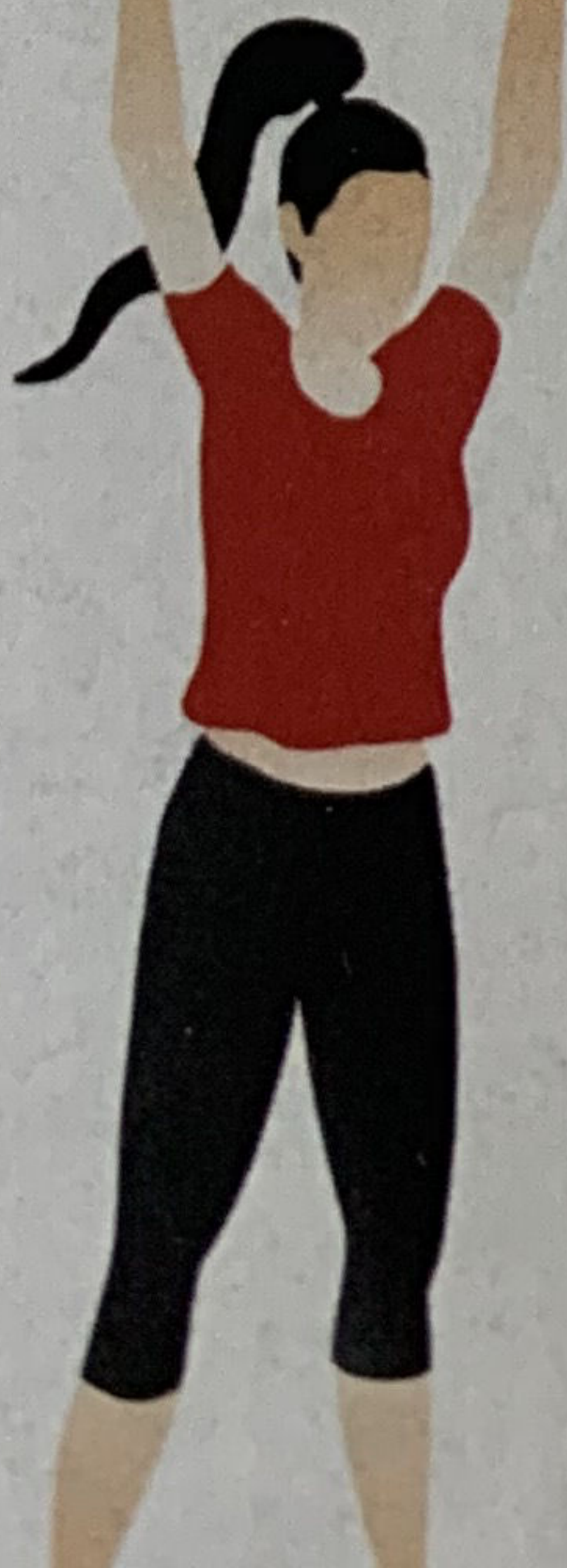
Squat

Stand with your feet shoulder-width apart, toes pointed out slightly; extend your arms out in front of you. Squat down as far as you can without losing the natural curve in your lower back.



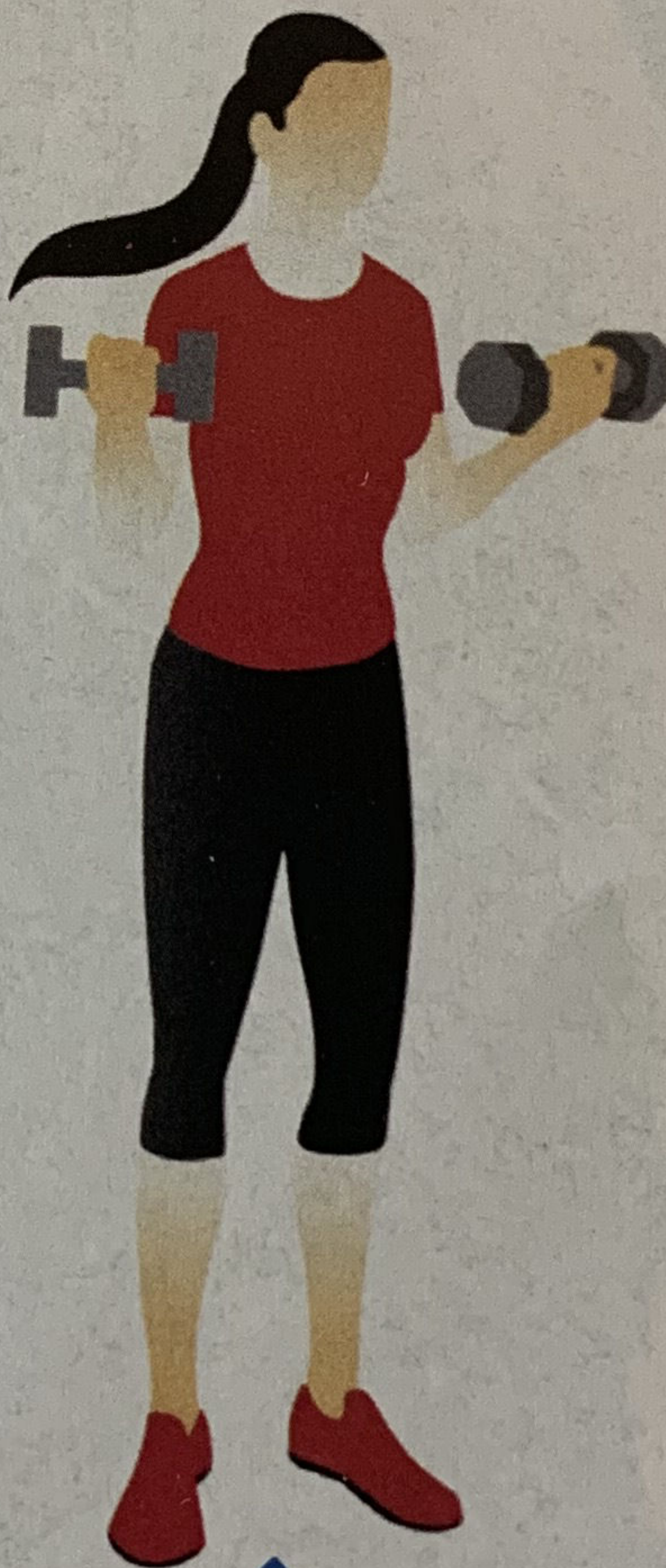
Overhead Press

Hold a set of dumbbells at shoulder height, palms facing in. Extend your arms up, twisting them so your palms face away from you.



Push-Up

If you need to at first, lower your knees to the floor, cross your ankles, and draw your heels toward your butt.

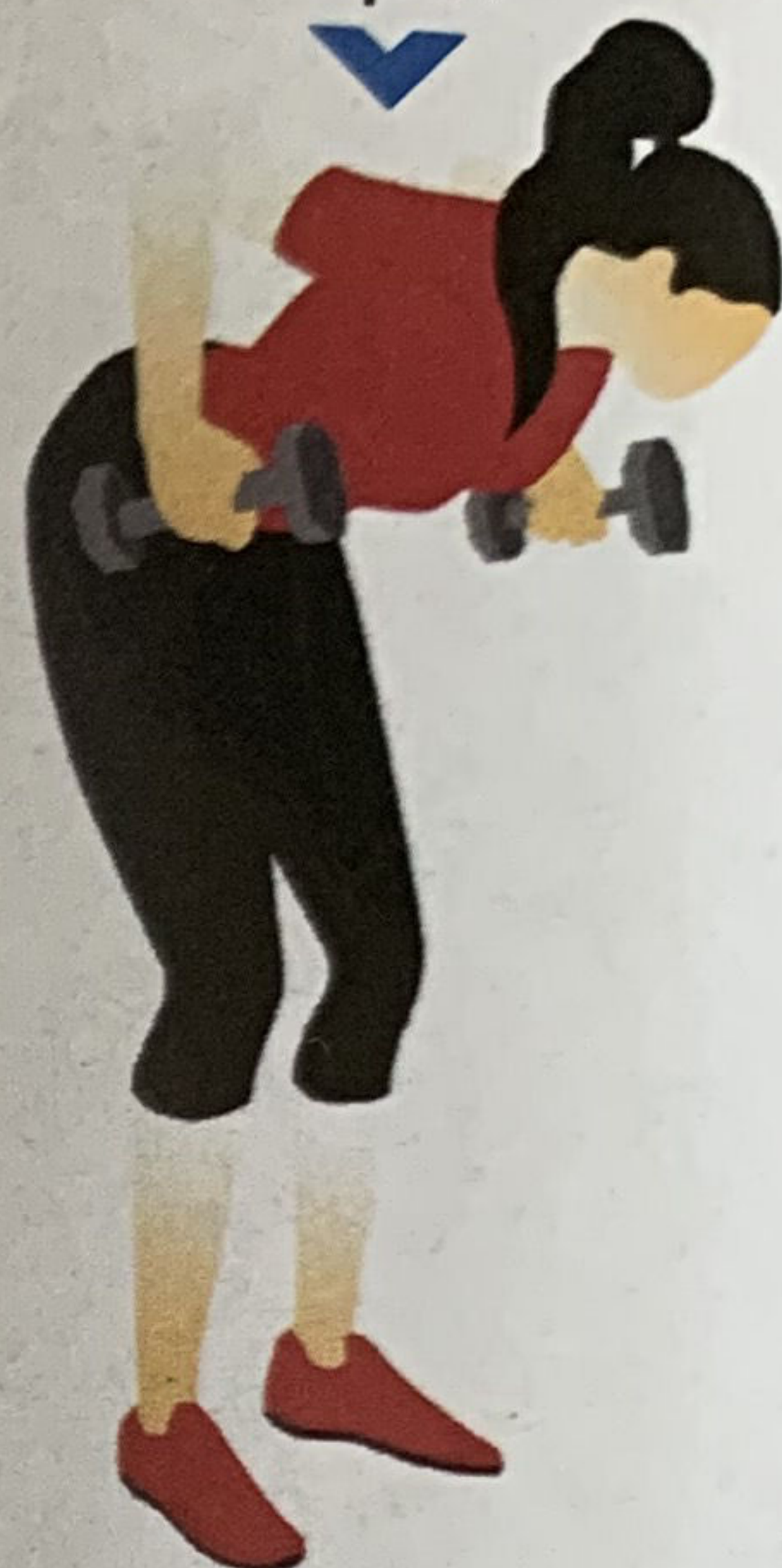


Biceps Curl

Hold the dumbbells down at your sides, palms facing each other. Twist your arms forward and raise the dumbbells up to shoulder height.

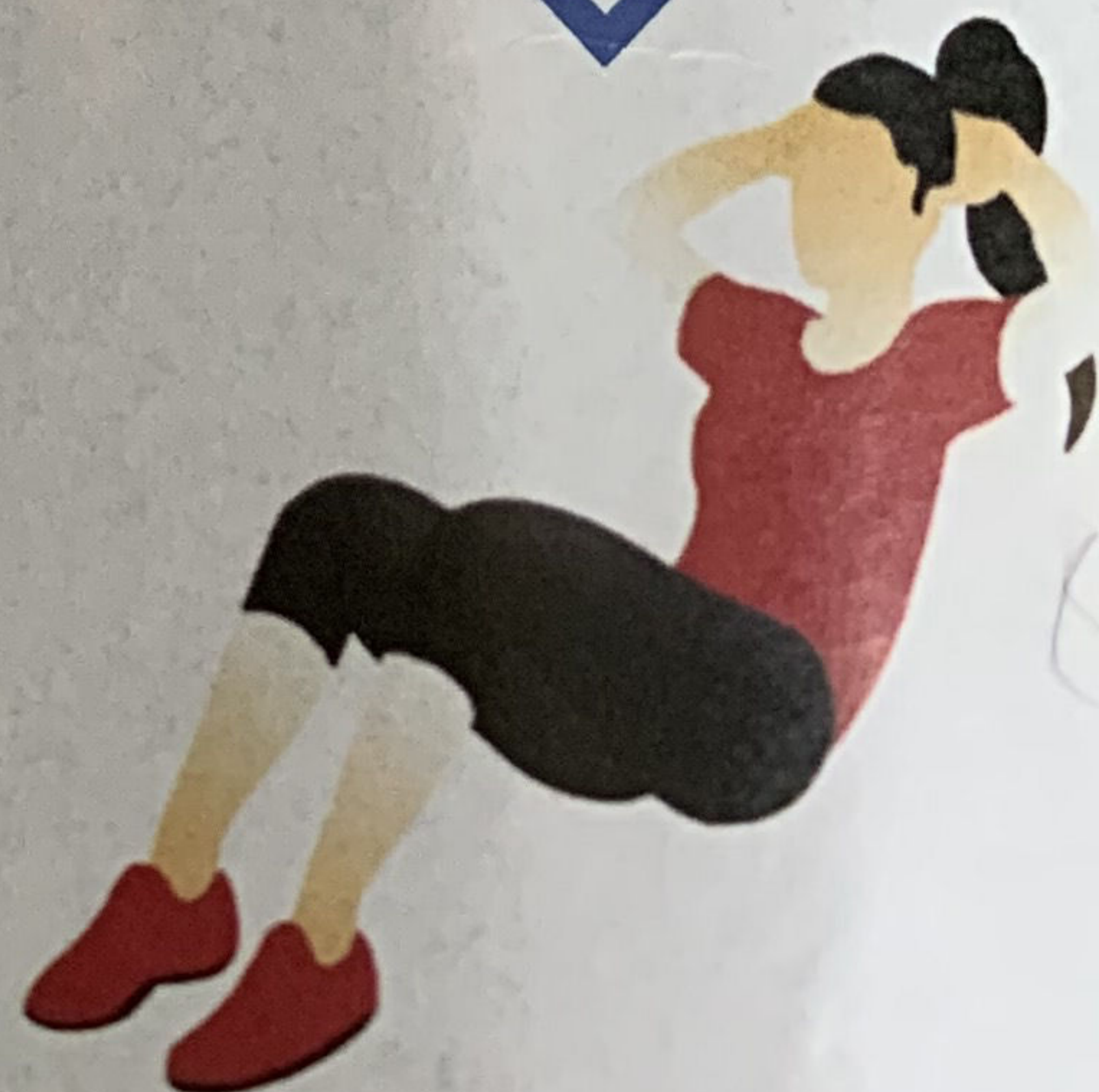
Bent-Over Row

Squeeze your shoulder blades together as you pull the weights from roughly your knees up toward your hips.



Sit-Up

Keep your feet and hips on the floor and your hands behind your head, using only your abs to lift your back off the ground until you're sitting up straight.



DAY 1**45 Seconds**

10 Jumping Jacks
8 Squats

DAY 2**90 Seconds**

5 Jumping Jacks
8 Squats
8 Push-Ups

DAY 3**2 Minutes**

20 Jumping Jacks
8 Squats
8 Push-Ups
8 Bent-Over Rows

DAY 4**2 Minutes,
30 Seconds**

25 Jumping Jacks
8 Squats
8 Push-Ups
8 Bent-Over Rows
20-Second Plank

DAY 5**REST!****Tip**

"These times are meant to be goals. If it takes you longer to complete a workout, that's totally fine. Keep working, and you'll get better." —Adam Rosante, trainer

DAY 6**2 Minutes,
30 Seconds**

15 Jumping Jacks
8 Squats
8 Push-Ups
8 Bent-Over Rows
20-Second Plank
15 Jumping Jacks

DAY 7**3 minutes**

20 Jumping Jacks
10 Squats
10 Push-Ups
10 Bent-Over Rows
25-Second Plank
20 Jumping Jacks

DAY 8**3 Minutes,
45 Seconds**

25 Jumping Jacks
12 Squats
12 Push-Ups
12 Bent-Over Rows
30-Second Plank
25 Jumping Jacks

DAY 9**4 Minutes,
30 Seconds**

30 Jumping Jacks
15 Squats
15 Push-Ups
15 Bent-Over Rows
35-Second Plank
30 Jumping Jacks

DAY 10**REST!****Tip**

"The secret to any kind of weight-lifting: Take one explosive second to lift dumbbells, then about four seconds to lower them."
—Rosante

DAY 11**3 Minutes,
45 Seconds**

30 Jumping Jacks
8 Squats
8 Push-Ups
8 Bent-Over Rows
8 Overhead Presses
35-Second Plank
35 Jumping Jacks





DAY 12

**4 Minutes,
30 Seconds**

35 Jumping Jacks
10 Squats
10 Push-Ups
10 Bent-Over Rows
10 Overhead
Presses
40-Second Plank
40 Jumping Jacks

DAY 13

**6 Minutes,
15 Seconds**

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

45-Second Plank
45 Jumping Jacks

DAY 14

**6 Minutes,
30 Seconds**

45 Jumping Jacks
15 Squats
15 Push-Ups
15 Bent-Over Rows
15 Overhead
Presses
50-Second Plank
50 Jumping Jacks

DAY 15

REST!

Tip

"If one of the exercises feels too tough, try breaking it up into smaller sets. Do 2 presses, for example, then rest and repeat."

—Rosante

DAY 16

**6 Minutes,
30 Seconds**

50 Jumping Jacks
10 Squats
10 Push-Ups
10 Bent-Over Rows
10 Overhead
Presses
10 Biceps Curls
40-Second Plank
10 Sit-Ups
50 Jumping Jacks

DAY 17

**7 Minutes,
30 Seconds**

55 Jumping Jacks
12 Squats
12 Push-Ups
12 Bent-Over Rows
12 Overhead
Presses
12 Biceps Curls
45-Second Plank
12 Sit-Ups
55 Jumping Jacks

DAY 18

9 Minutes

60 Jumping Jacks

15 Squats
15 Push-Ups
15 Bent-Over Rows
15 Overhead
Presses
15 Biceps Curls
50-Second Plank
15 Sit-Ups
60 Jumping Jacks

DAY 19

**10 Minutes,
15 Seconds**

65 Jumping Jacks
18 Squats
18 Push-Ups
18 Bent-Over Rows
18 Overhead
Presses
18 Biceps Curls
55-Second Plank
18 Sit-Ups
65 Jumping Jacks

DAY 20

REST!

Tip

"Don't think for a second that biceps curls are for men, that they'll make you look bulky. That's not true at all: They actually work to make your arms leaner."

—Rosante

DAY 21**12 Minutes,
30 Seconds**

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

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

Rest 1 Minute

When you've
caught your breath,
repeat the same
moves you just
did except for the
first set of Jumping
Jacks.

DAY 22**14 Minutes**

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

12 Biceps Curls
12 Sit-Ups

35-Second Plank
55 Jumping Jacks

Rest 1 Minute

When you've
caught your breath,
repeat the same
moves you just
did except for the
first set of Jumping
Jacks.

DAY 23**17 Minutes,
30 Seconds**

65 Jumping Jacks
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

When you've
caught your breath,
repeat the same
moves you just
did except for the
first set of Jumping
Jacks.

DAY 24**18 Minutes,
30 Seconds**

70 Jumping Jacks
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

When you've
caught your breath,
repeat the same
moves you just
did except for the
first set of Jumping
Jacks.

DAY 25**REST!****Tip**

"You've spent
the last few
weeks laying the
foundation—
now it's time
to challenge
yourself. Doing
the circuit a
second time
through will
build your
endurance."

—Rosante



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



DAY 30

YOU MADE IT!

Your next assignment is to take a week off from strength training (but keep up your cardio by walking, running, or biking). You've earned it, and it'll help your muscles repair and get

ready for your next challenge. After all, "this isn't the end," says Rosante. You're fit enough now to do whatever you want. Starting this routine over again from the beginning is one option: If you work to improve your times, you'll get stronger, and the variety built into it will keep

your fitness from plateauing. But why not sign up for that boxing class you've been intimidated by, or tell your coworker you can join the office kickball team this year? You're in a whole new place now—take advantage and amaze yourself.



*try
this!*

My Workout Log

How'd you do? Track your progress by putting a smiley face over days when you completed your workouts, and an X through any days you skipped. You'll feel great once you see those smileys add up! Abandoned more than half of your workout days? Erase your marks and try the program again.

1	2	3	4	REST	6	7	8	9	REST
11	12	13	14	REST	16	17	18	19	REST
21	22	23	24	REST	26	27	28	29	YOU MADE IT!

Notes:
