

## Workout of the Day! Body Weight Dirty 30!

Equipment: Add weight where possible if you want!

### 30 exercises!

#### 1 round through - minimal rest!

**Beginner:** 60 seconds each - 30 min workout

**Intermediate:** 90 seconds each - 45 Minute workout

**Advanced:** 120 seconds each OR 2 times through at 60 seconds each- 1 hour workout

1. High Knees
2. Inchworms
3. Butt kickers
4. Squats
5. Low Plank hold
6. Jumping Jacks
7. Superman's
8. Skaters
9. Lateral Leg drops
10. Plank Shoulder Taps
11. Glute Bridge Hip Ext.
12. Single Leg Alternate v ups
13. Reverse Curtsy Lunges
14. Mountain Climbers
15. Squat Hold Pulses (or wall sit)
16. Sit ups
17. Pushups
18. Lateral Lunges
19. Flutter kicks
20. Plank Jacks
21. Squat Jumps
22. Bicycles
23. Walking Lunges
24. Reverse Crunches
25. Double Mountain Climbers (pikes)
26. Lunge Jumps
27. Russian Twists
28. Diamond (narrow hands) pushups
29. Crab toe touches
30. Burpees

Cool Down and Stretch