



FIRST 30

- Lets Get Stronger -

Day 1 -Full Body Mobility #1

Day 2-Cardio #1

Day 3-Tissue Therapy

Day 4- Cardio #1

Day 5- Full Body Mobility#1

Day 6-Bodyweight Basics

Day 7-Off Day or Tissue Therapy

Day 8-Full Body Mobility #1

Day 9-Cardio #1

Day 10-Tissue Therapy

Day 11-Cardio #1

Day 12-Full Body Mobility #1

Day 13-Bodyweight Basics

Day 14- Off Day or Tissue Therapy

Day 15- Full Body Mobility #2

Day 16-Cardio #2

Day 17-Tissue Therapy

Day 18-Full Body Mobility #2

Day 19-Cardio #2

Day 20-Isometrics

Day 21-Off or Tissue Therapy

Day 22-Full Body Mobility #2

Day 23-Cardio #2

Day 24-Tissue Therapy

Day 25-Full Body Mobility #2

Day 26- Cardio #2

Day 27-Isometrics

Day 28-Off Day or Tissue Therapy

Day 29-Sun Salutations

Day 30-Cardio #1 or #2

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SECOND 30

- Make it Happen -

Day 1-Balance

Day 2-Upper Body

Day 3- Tissue Therapy

Day 4-Cardio #3

Day 5-Lower Body

Day 6-Sun Salutations

Day 7-Off Day or Cardio(#1,2 or 3)
or Tissue Therapy

Day 8- Balance

Day 9-Upper Body

Day 10-Tissue Therapy

Day 11-Cardio #3

Day 12-Lower Body

Day 13-Sun Salutations

Day 14- Off Day or Cardio (#1,2 or 3)
or Tissue Therapy

Day 15- Punches/Kicks

Day 16-Yoga Plex

Day 17-Tissue Therapy

Day 18-Muscular Endurance

Day 19-Cardio Intervals + Abs

Day 20-Muscular Endurance

Day 21-Off Day or Cardio (#1,2 or 3)
or Tissue Therapy

Day 22-Punches/Kicks

Day 23-Yoga Plex

Day 24-Tissue Therapy

Day 25-53

Day 26-Cardio Intervals + Abs

Day 27 Basic DB Supersets

Day 28-Off Day or Cardio (#1,2 or 3)
or Tissue Therapy

Day 29-Punches/Kicks or Balance or Isometrics

Day 30-Mobility Flow