

30-DAY FITNESS ROUTINE



4 WORKOUTS

Workout A	Workout B	Workout C	Workout D
Complete this as a circuit, complete 3 rounds.	Complete 3 sets of each exercise/ one exercise at a time then move to the next.	Complete 3 sets of each exercise/ one exercise at a time then move to the next.	Complete this as a circuit, complete 3 rounds.
** Rest 90 seconds after each round.	** Rest 30-45 seconds after each set.	** Rest 30-45 seconds after each set.	** Rest 90 seconds after each round.
Jog in Place 30-25-20 seconds	Dumbbell Side Shoulder Raise 3 sets 10-12 reps	Alternating Lunges 3 sets 8-10 reps	Crunches 3 sets 15-15-15 reps
Body Weight Squat 15-12-10 reps	Dumbbell Front Shoulder Raise 3 sets 10-12 reps	Body Weight Squats 3 sets 15-12-10 reps	Side to Sides 3 sets 12 reps per side
Jumping Jacks 15-12-10 reps	Dumbbell Biceps Curls 3 sets 10-12 reps	Wall Sit 3 sets 20-20-20 seconds	Low Plank 3 sets 10-10-10 seconds
Push-up/ Assisted Push-up 12-10-8 reps	Dumbbell Back Rows 3 sets 10-12 reps	Butt Kicks 3 sets 30-25-20 seconds	Toe Touch 3 sets 12-12-12 reps
Russian Twists 25-20-15 seconds			

01 WORKOUT A	02 REST	03 WORKOUT B	04 REST	05 WORKOUT C
06 REST	07 1 MILE WALK	08 WORKOUT D	09 REST	10 WORKOUT A
11 REST	12 WORKOUT B	13 REST	14 1 MILE WALK	15 WORKOUT C
16 REST	17 WORKOUT D	18 REST	19 WORKOUT A	20 REST
21 1 MILE WALK	22 WORKOUT B	23 REST	24 WORKOUT C	25 REST
26 WORKOUT D	27 REST	28 1 MILE WALK	29 REST	30 PICK YOUR FAVORITE WORKOUT!

• ABOVE ALL ELSE •



IT'S WHAT'S FOR DINNER.

BeefItsWhatsForDinner.com

Funded by the Beef Checkoff.