**30 Day Exercise Program**

**This is a 30 day home “Burst Exercise” Program**

* **3 different exercises each day**
* **30 sec. on and 30 sec. off(break) after each exercise**
* **6 min. total workout time first 2 weeks, 9 min. for next 2 weeks**

**Go to our Website’s EXERCISE page to see how to do all the exercises**

**www.KearneyDC.com**

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| **(1) (2x for 30 sec. each)**  **- Push Ups**  **- Planks**  **- Jumping Jacks** | **(2) (2x for 30 sec. each)**  **- Dips**  **- Lunge Thrusts**  **- Bridges** | **(3) (2x for 30 sec. each)**  **- Squat Thrusts**  **- Scissor Kicks**  **- Push Ups** | **(4) (2x for 30 sec. each)**  **- Crunches**  **- Jumping Jacks**  **- Lunge Thrusts** | **(5) (2x for 30 sec. each)**  **- Dips**  **- Planks**  **- Wall Squats** |
| **(6) (2x for 30 sec. each)**  **- Push Ups**  **- Lunge Thrusts**  **- Scissor Kicks** | **(7) (2x for 30 sec. each)**  **- Planks**  **- Jumping Jacks**  **- Dips** | **(8) (2x for 30 sec. each)**  **- Push Ups**  **- Crunches**  **- Squat Thrusts** | **(9) (2x for 30 sec. each)**  **- Wall Squats**  **- Bridges**  **- Push Ups** | **(10) (2x for 30 sec. each)**  **- Scissor Kicks**  **- Jumping Jacks**  **- Dips** |
| **11) (2x for 30 sec. each)**  **- Squat Thrusts**  **- Push Ups**  **- Planks** | **12) (2x for 30 sec. each)**  **- Jumping Jacks**  **- Dips**  **- Crunches** | **13) (2x for 30 sec. each)**  **- Bridges**  **- Lunge Thrusts**  **- Scissor Kicks** | **14) (2x for 30 sec. each)**  **- Push Ups**  **- Wall Squats**  **- Planks** | **15) (3x for 30 sec. each)**  **- Jumping Jacks**  **- Lunge Squats**  **- Crunches** |
| **16) (3x for 30 sec. each)**  **- Push Ups**  **- Lunge Thrusts**  **- Scissor Kicks** | **17) (3x for 30 sec. each)**  **- Dips**  **- Wall Squats**  **- Planks** | **18) (3x for 30 sec. each)**  **- Bridges**  **- Squat Thrusts**  **- Jumping Jacks** | **19) (3x for 30 sec. each)**  **- Push Ups**  **- Lunge Thrusts**  **- Crunches** | **20) (3x for 30 sec. each)**  **- Jumping Jacks**  **- Dips**  **- Squat Thrusts** |
| **21) (3x for 30 sec. each)**  **- Push Ups**  **- Wall Squats**  **- Planks** | **22) (3x for 30 sec. each)**  **- Dips**  **- Lunge Thrusts**  **- Bridges** | **23) (3x for 30 sec. each)**  **- Jumping Jacks**  **- Squat Thrusts**  **- Scissor Kicks** | **24) (3x for 30 sec. each)**  **- Push Ups**  **- Bridges**  **- Crunches** | **25) (3x for 30 sec. each)**  **- Dips**  **- Jumping Jacks**  **- Squat Thrusts** |
| **26) (3x for 30 sec. each)**  **- Planks**  **- Scissor Kicks**  **- Lunge Thrusts** | **27) (3x for 30 sec. each)**  **- Push Ups**  **- Squat Thrusts**  **- Bridges** | **28) (3x for 30 sec. each)**  **- Jumping Jacks**  **- Wall Squats**  **- Planks** | **29) (3x for 30 sec. each)**  **- Dips**  **- Lunge Thrusts**  **- Crunches** | **30) (3x for 30 sec. each)**  **- Push Ups**  **- Jumping Jacks**  **- Scissor Kicks** |