**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** |