



30 DAYS TO CHANGE

PRINCIPIANTE

LIVELLO 1

30 SEC | 30 SEC

16 MIN

WORK OUT

: _____ KG

<p>DAY 1</p> <ul style="list-style-type: none"> Squat jump Jumping lunge Reverse crunch Push up <p><input checked="" type="checkbox"/></p> <p>X4</p>	<p>DAY 6</p> <ul style="list-style-type: none"> Squat jump Lateral step Plank knee ins Burpees <p><input type="checkbox"/></p> <p>X4</p>
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<p>DAY 2</p> <ul style="list-style-type: none"> Squat jacks Lateral step Plank knee ins Dip <p><input type="checkbox"/></p> <p>X4</p>	<p>DAY 7</p> <ul style="list-style-type: none"> Squat jacks Skip hands up Reverse crunch Push up <p><input type="checkbox"/></p> <p>X4</p>
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<p>DAY 3</p> <ul style="list-style-type: none"> In out power squat Switch kicks Dowble crunch Burpees <p><input type="checkbox"/></p> <p>X4</p>	<p>DAY 8</p> <ul style="list-style-type: none"> In out power squat Switch kicks Criss cross Dip <p><input type="checkbox"/></p> <p>X4</p>
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<p>DAY 4</p> <ul style="list-style-type: none"> Ski jump Skip hands up Plank in out Push up <p><input type="checkbox"/></p> <p>X4</p>	<p>DAY 9</p> <ul style="list-style-type: none"> Ski jump Jumping jack Plank in out Burpees <p><input type="checkbox"/></p> <p>X4</p>
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<p>DAY 5</p> <ul style="list-style-type: none"> Basket jump Jumping jack Criss cross Dip <p><input type="checkbox"/></p> <p>X4</p>	<p>DAY 10</p> <ul style="list-style-type: none"> Basket jump Jumping lunge Dowble crunch Push up <p><input type="checkbox"/></p> <p>X4</p>
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30 DAYS TO CHANGE

INTERMEDIO

LIVELLO 2

40 SEC | 20 SEC

20 MIN

WORK OUT

: _____ KG

DAY 11

- Squat jump
- Jumping lunge
- Reverse crunch
- Push up

X5

DAY 16

- Squat jump
- Lateral step
- Plank knee ins
- Burpees

X5

DAY 12

- Squat jacks
- Lateral step
- Plank knee ins
- Dip

X5

DAY 17

- Squat jacks
- Skip hands up
- Reverse crunch
- Push up

X5

DAY 13

- In out power squat
- Switch kicks
- Dowble crunch
- Burpees

X5

DAY 18

- In out power squat
- Switch kicks
- Criss cross
- Dip

X5

DAY 14

- Ski jump
- Skip hands up
- Plank in out
- Push up

X5

DAY 19

- Ski jump
- Jumping jack
- Plank in out
- Burpees

X5

DAY 15

- Basket jump
- Jumping jack
- Criss cross
- Dip

X5

DAY 20

- Basket jump
- Jumping lunge
- Dowble crunch
- Push up

X5



30 DAYS TO CHANGE

AVANZATO

LIVELLO 3

50 SEC | 10 SEC

24 MIN

WORK OUT



: _____ KG

DAY 21

- Squat jump
- Jumping lunge
- Reverse crunch
- Push up

X6

DAY 26

- Squat jump
- Lateral step
- Plank knee ins
- Burpees

X6

DAY 22

- Squat jacks
- Lateral step
- Plank knee ins
- Dip

X6

DAY 27

- Squat jacks
- Skip hands up
- Reverse crunch
- Push up

X6

DAY 23

- In out power squat
- Switch kicks
- Dowble crunch
- Burpees

X6

DAY 28

- In out power squat
- Switch kicks
- Criss cross
- Dip

X6

DAY 24

- Ski jump
- Skip hands up
- Plank in out
- Push up

X6

DAY 29

- Ski jump
- Jumping jack
- Plank in out
- Burpees

X6

DAY 25

- Basket jump
- Jumping jack
- Criss cross
- Dip

X6

DAY 30

- Basket jump
- Jumping lunge
- Dowble crunch
- Push up

X6