

# XM Xtreme-Measures.com

## 30 Day Body Weight Workout Program



<b>Day 1</b>	7 Side 2 Side Pushups 7 Leap Frog Squat 7 Cross Fit Situp	3 Side 2 Side Pushup 3 Leap Frog Squat 3 Cross Fit Situp
<b>Day 2</b>	7 Pike Jump	3 Side 2 Side Pushup 3 Leap Frog Squat 3 Cross Fit Situp
<b>Day 3</b>	6 Side 2 Side Pushup 6 Leap Frog Squat 6 Cross Fit Situp 6 Pike Jump	3 Pike Jump
<b>Day 4 REST</b>		
<b>Day 5</b>	5 Side 2 Side Pushup 5 Leap Frog Squat 5 Cross Fit Situp 5 Pike Jump	2 Side 2 Side Pushup 2 Leap Frog Squat 2 Cross Fit Situp
<b>Day 6</b>		2 Pike Jump
<b>Day 7</b>	4 Side 2 Side Pushup 4 Leap Frog Squat 4 Cross Fit Situp 4 Pike Jump	1 Side 2 Side Pushup 1 Leap Frog Squat 1 Cross Fit Situp

**1**



**Side to Side Push Up**

**2**



**Leap Frog Squat**

<b>Day 8 REST</b>	8 Side 2 Side Pushup 8 Leap Frog Squat 8 Cross Fit Situp 8 Pike Jump	
<b>Day 9</b>		3 Side 2 Side Pushup 3 Leap Frog Squat 3 Cross Fit Situp
<b>Day 10</b>	7 Side 2 Side Pushup 7 Leap Frog Squat 7 Cross Fit Situp 7 Pike Jump	3 Pike Jump
<b>Day 11</b>		2 Side 2 Side Pushup 2 Leap Frog Squat 2 Cross Fit Situp
<b>Day 12 REST</b>		2 Pike Jump
<b>Day 13</b>	5 Side 2 Side Pushup 5 Leap Frog Squat 5 Cross Fit Situp 5 Pike Jump	1 Side 2 Side Pushup 1 Leap Frog Squat 1 Cross Fit Situp
<b>Day 14</b>		1 Pike Jump
<b>Day 15</b>	4 Side 2 Side Pushup 4 Leap Frog Squat 4 Cross Fit Situp 4 Pike Jump	



### 30 Day Challenge

**4**



**Pike Jumps**

**3**



**Cross Fit Situp**

More Information at: : [Xtreme-Measures.com](http://Xtreme-Measures.com)

9 Side 2 Side Pushup 9 Leap Frog Squat 9 Cross Fit Situp 9 Pike Jump	4 Side 2 Side Pushup 4 Leap Frog Squat 4 Cross Fit Situp 4 Pike Jump
8 Side 2 Side Pushup 8 Leap Frog Squat 8 Cross Fit Situp 8 Pike Jump	3 Side 2 Side Pushup 3 Leap Frog Squat 3 Cross Fit Situp 3 Pike Jump
7 Side 2 Side Pushup 7 Leap Frog Squat 7 Cross Fit Situp 7 Pike Jump	2 Side 2 Side Pushup 2 Leap Frog Squat 2 Cross Fit Situp 2 Pike Jump
6 Side to Side Pushup 6 Leap Frog Squat 6 Cross Fit Situp 6 Pike Jump	1 Side 2 Side Pushup 1 Leap Frog Squat 1 Cross Fit Situp 1 Pike Jump
5 Side to Side Pushup 5 Leap Frog Squat 5 Cross Fit Situp 5 Pike Jump	

<b>Day 16 REST</b>
<b>Day 17</b>
<b>Day 18</b>
<b>Day 19</b>
<b>Day 20 REST</b>
<b>Day 21</b>
<b>Day 22</b>
<b>Day 23</b>

10 Side 2 Side Pushup 10 Leap Frog Squat 10 Cross Fit Situp 10 Pike Jump	6 Side 2 Side Pushup 6 Leap Frog Squat 6 Cross Fit Situp 6 Pike Jump
9 Side 2 Side Pushup 9 Leap Frog Squat 9 Cross Fit Situp 9 Pike Jump	5 Side 2 Side Pushup 5 Leap Frog Squat 5 Cross Fit Situp 5 Pike Jump
8 Side 2 Side Pushup 8 Leap Frog Squat 8 Cross Fit Situp 8 Pike Jump	4 Side 2 Side Pushup 4 Leap Frog Squat 4 Cross Fit Situp 4 Pike Jump
7 Side 2 Side Pushup 7 Leap Frog Squat 7 Cross Fit Situp 7 Pike Jump	3 Side 2 Side Pushup 3 Leap Frog Squat 3 Cross Fit Situp 3 Pike Jump
	2 Side 2 Side Pushup 2 Leap Frog Squat 2 Cross Fit Situp 2 Pike Jump

<b>Day 24 REST</b>
<b>Day 25</b>
<b>Day 26</b>
<b>Day 27</b>
<b>Day 28 REST</b>
<b>Day 29</b>
<b>Day 30</b>

Let the Insanity Begin!