

30-DAY BEGINNER TRX *Workout Plan*



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
40 Min FULL BODY entry-level 1	REST DAY	40 Min FULL BODY entry-level 1	REST DAY	40 Min FULL BODY entry-level 1
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
REST DAY	40 Min FULL BODY entry-level 2	REST DAY	40 Min FULL BODY entry-level 2	REST DAY
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
40 Min FULL BODY entry-level 2	REST DAY	40 Min FULL BODY entry-level 3	REST DAY	40 Min FULL BODY entry-level 3
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
REST DAY	40 Min FULL BODY entry-level 3	REST DAY	40 Min FULL BODY intermediate	20 Min LOWER BODY intermediate
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
REST DAY	40 Min FULL BODY intermediate	20 Min UPPER BODY intermediate	REST DAY	40 Min FULL BODY intermediate
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
20 Min LOWER BODY intermediate	REST DAY	40 Min FULL BODY intermediate	20 Min UPPER BODY intermediate	REST DAY