

# 30-DAY ADVANCED TRX *Workout Plan*



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 Min <b>LOWER BODY</b> <i>strong</i>	45 Min <b>FULL BODY</b> <i>sweat</i>	15 Min <b>UPPER BODY</b> <i>strong</i>	45 Min <b>FULL BODY</b> <i>sweat</i>	10 Min <b>MORNING FLOW</b> <i>recovery</i>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<b>REST DAY</b>	35 Min <b>LOWER BODY</b> <i>+ Core</i>	15 Min <b>FULL BODY</b> <i>push-pull</i>	45 Min <b>UPPER BODY</b> <i>+ Core</i>	15 Min <b>FULL BODY</b> <i>push-pull</i>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
15 Min <b>SHOULDER</b> <i>recovery</i>	<b>REST DAY</b>	15 Min <b>LOWER BODY</b> <i>sweat</i>	45 Min <b>FULL BODY</b> <i>strong</i>	15 Min <b>UPPER BODY</b> <i>sweat</i>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
45 Min <b>FULL BODY</b> <i>strong</i>	15 Min <b>PILATES</b> <i>recovery</i>	<b>REST DAY</b>	20 Min <b>LOWER BODY</b> <i>strength</i>	20 Min <b>FULL BODY</b> <i>amrap</i>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
20 Min <b>UPPER BODY</b> <i>strength</i>	20 Min <b>FULL BODY</b> <i>amrap</i>	10 Min <b>HIP</b> <i>recovery</i>	<b>REST DAY</b>	35 Min <b>LOWER BODY</b> <i>+ Core</i>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
45 Min <b>FULL BODY</b> <i>sweat</i>	45 Min <b>UPPER BODY</b> <i>+ Core</i>	45 Min <b>FULL BODY</b> <i>strong</i>	<b>RECOVERY</b> <b>OF YOUR</b> <b>CHOICE</b>	<b>REST DAY</b>

# 30-DAY BEGINNER TRX *Workout Plan*



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