

30 DAY TRX *Workout Plan*



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