Hi BodyRockers!

This is your 30 Day Real Time Challenge!!!

You can use your Sandbag, Ugi Ball, or Tbar weights for all of these workouts. There are also free home equipment ideas at Bodyrock.tv!

For all you crazy hardcore BodyRockers like me out there

....you will love this workout today! Enjoy it!

And remember how strong you are for just getting through it!
Workout Breakdown:

Set your timer to 10 seconds rest & 30 seconds work as below. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

If you are working out with me – press play NOW & let’s GO GO GO!!! You will skip first while I take the first exercise.

Part One – Movement & Strength:

1. Push-Up, Clean & Press – using the Sandbag or Ugi Ball
2. Squat & Press – using the Sandbag or Tbar
3. Tuck Abs
4. 1 Arm Clean & Press, Squat & Press & push Up – (Alternate L&R Arm) – using the Tbar weights
5. Lunge & Twist – (Alternate L&R) – using the Sandbag or Ugi Ball or Tbar weights
6. Dive Bombers
7. Left Wood Chop – using the Sandbag or Ugi Ball or Tbar weights
8. Right Wood Chop – using the Sandbag or Ugi Ball or Tbar weights
9. 10 High Weighted Knees & 10 Mountain Climbers – using the Sandbag or Ugi Ball or Tbar weights
11. Chest Press & Reverse Curl Legs – (Legs go down when weight comes to chest) – using the Sandbag or Ugi Ball or Tbar
12. Lunge & Press – using the Sandbag or Ugi Ball or Tbar
13. 8’s – (or ab exercise of choice) – using the Sandbag or Ugi Ball or Tbar weights
14. Standing Fly’s – using the Tbar weights
(30 Second / One Round Rest)

Part Two – Weighted Burnout:

1. Bicep Curl – using the Sandbag or Tbar
2. Straight Abs – (Knees Up)
3. Oblique V Abs Left
4. Tricep Dips
5. Chest Press – using the Sandbag or Tbar
6. Oblique V Abs Right
7. Upright Row – using the Sandbag or Tbar
8. Squats – using the Sandbag or Ugi Ball or Tbar
9. Push-Ups
10. Flys – using the Tbar weights
11. Lunge & Twist – (Alternate L&R) – using the Sandbag or Ugi Ball or Tbar weights
12. Pull Ups – using the Equalizer
13. Reverse Curls
14. Shoulder Press – using the Sandbag or Tbar
15. Bent-over Row – using the Sandbag or Tbar

**BEEP BEEP BEEP** – You did it ... I knew you would!
Hi BodyRockers!

We are on Day 2 of our 30 Day Real Time Challenge! Today we have 40 ...yes 40 rounds of awesomeness!! – We don’t stop!
Workout Breakdown:

Set your timer to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

If you are working out with me – PRESS PLAY NOW – I’m waiting for my workout partner!

Remember – you will skip first while I take the first exercise.

Today’s Workout:

1. Side Jumps Lunge or Star Jumps
2. One Jump Forward & Two Jumps Back
3. 10 High Knees & Drop Down
4. Clean & Press – using the Sandbag or Tbar
5. Lunge & Twist – using the Sandbag or Ugi Ball or Tbar
6. One Leg Press Up – (L&R Alternate)
7. Oblique Side V Abs – (1 V ab left – roll – 1 V ab right)
8. Squat & Press – using the Sandbag or Ugi Ball or Tbar
9. Mountain Climbers
10. Upright Row – using the Sandbag or Tbar
11. Bicep Curl & Press – using the Sandbag or Tbar
12. Wood Chops – (left) – using the Sandbag or Ugi Ball or Tbar weights
13. Wood Chops – (right) – using the Sandbag or Ugi Ball or Tbar weights
14. 10 High Knees & 10 Mountain Climbers
15. Ball Oblique Twists – using the Sandbag or Ugi Ball or Tbar weights
16. Sandbag Swings – using the Sandbag
17. Bent Over Row – using the Sandbag or Tbar
18. Front Raise & Side Fly Raise – using the Tbar weights
19. Tuck Abs
20. Burpee, Push-Up & Jump
21. Tricep Dips – (Your Choice)
22. Plank
23. Chest Press – using the Sandbag or Tbar
24. Push-Up, Burpee & Star Jump
25. Spider Push-Up – (L&R Alternate)
26. Straight Punches – using the Tbar weights
27. Tuck Jumps
28. Upper Cuts – using the Tbar weights
29. Snowboard – (wide leg jump with a turn)
30. Box Taps
31. Push-Up & Side Plank
32. Jump Lunges
33. Half Burpee & Calve Raises
34. Crunches with Leg Extensions
35. Reverse Curls
36. Squats – using the Sandbag or Tbar
37. Jump Squats
38. Prisoner Squats & Front Kick
39. Straight Abs
40. Touch Toe Abs – (L&R Alternate)
Hi BodyRockers!

Today is Day 3 – How are you feeling? Tough, right?

Well anything worth doing isn’t easy …so stay strong!!

Today you will feel pushed to your limits but you WILL get through it ..... I’m right beside you – remember that :)}
Workout Breakdown:

Set your timer to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

If you are working out with me – let’s do this! Get up & PRESS PLAY! Today’s workout is split into 3 parts! Enjoy this bad boy!

Remember – You will skip first while I take the first exercise.

Part 1 – Legs & Arms
1. Spider Push Up – (L&R Alternate)
2. Squat & Press – using the Sandbag or Ugi Ball or Tbar
3. Sandbag Lunge & Lift – Left Leg – using the Sandbag or Ugi Ball or Tbar
4. Sandbag Lunge & lift – Right Leg – using the Sandbag or Tbar
5. Squat Jumps or Tuck Jumps
6. Push-Up & 1/2 Burpee
7. Shoulder Sandbag Lift – (L&R Alternative) – using the Sandbag
8. Sandbag Overhead Abs & Shoulder Press – using the Sandbag or Ugi Ball or Tbar
9. 1 Leg Push-Up, Burpee, Jump Bag – using the Sandbag
10. Left Leg Board Weighted Step up’s – using the Sandbag or Ugi Ball or Tbar
11. Left Right Board Weighted Step up’s – using the Sandbag or Ugi Ball or Tbar
12. Sandbag Get Up’s – using the Sandbag or Ugi Ball
13. Clean & Press – using the Sandbag or Ugi Ball or Tbar

(30 second/one round rest)
Part 2 – Arms

1. V Push-Up’s (downward dog position, head to floor – all shoulders)
2. 1/2 Burpee + 1 Push-Up
4. 1 Leg Push-Up & Burpee
5. Superman Push-Ups
7. Tricep Push Up – Jump In & Out Legs – (go down on the ‘IN’ leg)
8. Plank Abs
9. Deadlift – (L&R Alternate) – using the Sandbag or Tbar
11. Upright Row – using the Sandbag or Tbar

(30 second / One Round Rest)
Part 3 – Abs
1. Running Man – (Like elbow to knee but make a running man shape when u come up)
2. V Abs – (L&R Alternate)
4. Superman Push-Ups
5. 10 Mountain Climbers & 10 Spider Knee Climbers
6. Tuck Abs
7. Touch Toe Abs – (L&R Alternate)
8. Over Head Abs – using the Sandbag or Tbar
9. Oblique Plank Abs – Left Side drop
10. Oblique Plank Abs – Right Side drop
11. Plank Abs
12. Reverse Curl
13. Seated Oblique Twists – using the Sandbag or Ugi Ball or Tbar weights
14. Crunch & Leg Extensions – (Like a tuck ab, but legs straight out and in hands behind your head)
15. Straight Abs – Knees up if you can
Hi BodyRockers!

We have made it to Day 4 already together!

I know a lot of you will be tired or maybe a little sore. If this is the case, please listen to your body & maybe go a little slower or reduce your weights today. I am.

We are almost one week down! Week two is where the magic happens so STAY STRONG & KEEP GOING!!
Workout Breakdown:

Set your [image] to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

If you are working out with me – I know you are tired but get up and see this through!

Today’s Workout:

Remember – You will skip first while I take the first exercise.

1. Sumo Squat & Knee To Elbow Lift – (Alternate L&R Knee) – using the Sandbag or Ugi Ball or Tbar
2. Dive Bombers
3. Weighted Step Ups Left – using the Sandbag or Ugi Ball or Tbar
4. Weighted Step Ups Right – using the Sandbag or Ugi Ball or Tbar
5. Tricep Dips & Knee Lift – using the Equalizer
6. Weighted Low Jack Prisoner Jumps – using the Sandbag or Ugi Ball or Tbar weights
7. Tricep Dips – using the Equalizer
8. Sandbag Sit Up – (sit up with the weight above your head) – using the Sandbag or Ugi Ball or Tbar
9. Ugi Punch / Straight Punches – using the Tbar weights
10. Weighted Frog Jump & Burpee – Forward & Back – using the Sandbag or Ugi Ball or Tbar weights
11. Forward Lunge & Side Lunge Left – using the Sandbag or Ugi Ball or Tbar
12. Forward Lunge & Side Lunge Right – using the Sandbag or Ugi Ball or Tbar
13. Sumo Push up – (Push up & lift hand 6 inches off the floor – L&R Alternate)
14. Side Oblique Abs – (L&R Alternate) – using the Equalizer
15. Knee Lift Kick Over Lunge – (L&R Alternate) – using the Equalizer
16. 3 Point Abs – (Centre, Side, Centre, Side) – using the Equalizer

17. Push-Up Jack Legs – (Push up as u bring your legs in)

18. Ninja Tuck Jumps or Squat Jumps

19. Clean & Press & Lunge – (L&R Alternate Lunge – lunge with the weight above your head) – using the Sandbag or Ugi Ball or Tbar weights

20. 10 High Knees & 2 Spider Push Ups

21. Plank Jumps – (Jump legs in & out)

22. Weighted Switch Lunge & Twist – using the Sandbag or Ugi Ball or Tbar weights

23. Weighted Hip Thrusts – (Lie on your back & lift the pelvis off the floor with the weight on your pelvis) – using the Sandbag or Ugi Ball or Tbar weights

24. Plank Jumps – (Plank position, jump in to the left elbow, jump in center, and jump to the right elbow)

25. Chuck & Tuck – using the Ugi Ball or Tbar weights

26. 1/2 Burpee

27. Wide Leg Squats – using the Sandbag or Ugi Ball or Tbar

28. Core Splits – (Lift legs into a V in front) – using the Equalizer

29. Standing Front Raise & Side Raise – using the Tbar weights

30. Clean & Press – using the Sandbag or Ugi Ball or Tbar

To Finish – The Burnout

1. Sandbag Swings – 1 Min – using the Sandbag

2. Squat & Touch the Floor – 1 Min

3. Reverse Pull Ups – 1 Min – using the Equalizer

4. Dive Bombers – 1 Min
Hi BodyRockers!

It’s Day 5 of the 30 Day Challenge! How are you finding the challenge so far? Are you enjoying it?

Today we are all about SIX PACK ABS!!
Workout Breakdown:

Set your 🕒 to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Come on I’m waiting for you!

Today’s Workout:

Remember – You will skip first while I take the first exercise.

1. Straight Abs – using the Sandbag or Ugi Ball or Tbar weights
2. Jack Knife – using the Sandbag or Ugi Ball or Tbar weights
3. Elevated Plank – Knee Tuck (L&R Alternate) – using the Equalizer
4. Knee Circles – using the Equalizer
5. Left Side Plank Tuck Under – using the Tbar weights
6. Right Side Plank Tuck Under – using the Tbar weights
7. Ugi Ball Plank Side Touches – using the or Ugi Ball
8. Chuck & Tuck – using the Ugi Ball
9. Plank Punches
10. Mountain Climbers
11. Dive Bombers
12. Ugi V Abs – using the Ugi Ball
13. Over Head Abs – using the Sandbag or Ugi Ball or Tbar weights
14. High Plank – Elbow To Knee
15. Low Plank – Elbow To Knee
16. Wood Chop Left – using the Sandbag or Ugi Ball or Tbar weights
17. Wood Chop Right – using the Sandbag or Ugi Ball or Tbar weights
18. Seated Tuck Abs
19. Wide Leg 1/2 Burpee
20. Plank Jump In & Out Legs
21. Equalizer Left – 1 leg Oblique Plank, Knee to Elbow – using the Equalizer
22. Equalizer Left – 1 leg Oblique Plank, Knee to Elbow – using the Equalizer
23. Scissors
24. Weighted Pelvis Lift – – using the Sandbag or Ugi Ball or Tbar weights
25. Suit Case Crunches – using the Sandbag or Ugi Ball or Tbar weights
26. Ski Abs
27. Jump Mat
28. Reverse Frog Abs
29. Oblique Twists
30. Tuck Jumps – Burnout!!
Hi BodyRockers!

Well Done.

I am so proud of you!

You have made it to Day 6!!

As a reward for our efforts over the week we all get to take a well-deserved REST DAY!!

We Need Rest Days To:

- Restock Glycogen Stores
- Build Strength
- Minimize Fatigue
- Reduce Risk of Overuse Injuries
- Avoid Mental Burnout
- Help Your Body Repair Itself

Eat well, enjoy the rest day, as tomorrow we start all over again!
It’s Day 7!!
This is an active “rest” day meant to prepare you for the hardcore week ahead!
Get ready for an awesome workout!!
Workout Breakdown:

Set your [ ] to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Today’s Workout:

Remember – You will skip first while I take the first exercise.

1. Squat Jumps
2. Tuck Abs
3. Shoulder Press – using the Tbar weights
4. Back Extensions
5. Squat Jumps
6. Push Ups
7. Pull Ups – using the Equalizer
8. Side Touches – using the Tbar weights
10. Basketball Jumps – left – using the Tbar weights
11. Wide Grip Row – using the Tbar weights
12. Tricep Dips
13. Squat Jumps
14. Elevated Mountain Climbers
15. Chest Punch + Tricep Kickbacks – using the Tbar weights
16. Kick & Switch
17. Side Jumps
18. Knee Raises – using the Equalizer
19. Tuck Abs with a Lift – using the Equalizer
20. Mountain Climbers
21. High Knees Twist – using the Tbar weights

FLOOR WORK BONUS
22. Bridge Squeeze
23. Bridge Squeeze Knees Together
24. Bridge Squeeze In & Out
25. Bridge Squeeze Burnout!
26. Rear Leg Lift – left – Straight Leg
27. Rear Leg Lift – left – Bent Leg
28. Rear Leg Lift – left – Straight Crossover
29. Rear Leg Lift – left – Bent Leg Burnout!
30. Rear Leg Lift – right – Straight Leg
31. Rear Leg Lift – right – Bent Leg
32. Rear Leg Lift – right – Straight Crossover
33. Rear Leg Lift – right – Bent Leg Burnout!
34. Side Leg Lift – left – Straight Leg
35. Side Leg Lift – left – Bent Leg
36. Side Leg Lift – left – Out & In
37. Side Leg Lift – left – Straight Leg Burnout!
38. Side Leg Lift – right – Straight Leg
39. Side Leg Lift – right – Bent Leg
40. Side Leg Lift – right – Out & In
41. Side Leg Lift – right – Straight Leg Burnout!
Hi BodyRockers!

It’s a new week!!! This week I am adding a whole new section...

I am adding some strength & conditioning into this week’s workouts. They are totally extra, but what they will do is just push you even more than last week!

The added strength & conditioning section is perfect for those of you who have never done weights before... and for you more seasoned BodyRockers - get some weight & get that extreme shred to finish off those muscles for the day!
Workout Breakdown:

Set your 🕒 to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

It’s a new week!! So bring me your game face & meet me in the living room!!

Remember – you will skip first (or perform the cardio I do) while I take the first exercise.

Today’s workout:

1. Walking Push Ups
2. Sandbag Swing – using the Sandbag
3. Left Leg Squat & Behind Toe Touch & Reach – using the Tbar weights
4. Left Leg Squat & Behind Toe Touch & Reach – using the Tbar weights
5. Clean & Press & Squat & Press – using the Sandbag or Ugi Ball or Tbar weights
7. Push-Up, Burpee, Tuck Jump
8. 2 x Switch Lunges & 2 x Wide Squat
9. Wood Chop Knee Abs Left – using the Tbar weights
10. Wood Chop Knee Abs Right – using the Tbar weights
11. 10 Mountain Climbs & 2 Walking Push Ups
12. Left Arm, Left Leg – Lunge & Press – using the Tbar weights
13. Right Arm Right Leg – Lunge & Press – using the Tbar weights
14. Tricep Dip & V Knee Tuck – using the Equalizer
15. Low Plie Squats – Straight Punches – using the Tbar weights
16. Burpee & Tuck Jumps
17. Straight Legs & L&R Alternate Toe Touches
18. Ski Abs – using the Ugi Ball
19. Mat Jumps
20. Side Oblique & Push Up – L&R Alternate
21. Plank – Jump In & Out Legs
22. Weighted Globe Twists
23. Pogo & Press – Left – using the Tbar weights
25. Reverse Plank
Strength & Conditioning: Chest & Back Bonus

Set your to 10 seconds rest & 50 seconds work – unless you are working out with me – then press play RIGHT NOW while you are still hot & sweaty! Time to push harder than ever!!

Together we will complete the following exercises. (If you are not following the video, ideally you should be doing either between 8-10 repetitions or 10-15 repetitions. Make sure you don’t compromise your form for repetitions.)

1) Chest Press – using the Sandbag or Tbar
2) Bent Over Row – using the Sandbag or Tbar
3) Bent Over Flys – using the Tbar weights
4) Deadlift & Bent Over Row – L&R Alternate – using the Sandbag or Tbar
5) Reverse Push-Ups – using the Equalizer
6) Push-up Punches
7) Lay Ugi Flys – using the Tbar weights
8) Left Arm Row – using the Sandbag or Tbar
9) Right Arm Row – using the Sandbag or Tbar
10) Plank Ugi Forward & Flys – Left – using the Tbar weights & Ugi Ball
11) Plank Forward & Flys – Right – using the Tbar weights & the Ugi Ball
Hi BodyRockers!

It’s already Day 9!!! We are working toward that two week MAGICAL CHANGE!

This will only happen if you are making the right food choices & portion sizes. So if you are not seeing any changes so far, you might want to start writing down what you eat to see where you can make changes this week to speed up your progress.
Workout Breakdown:

Set your **timer** to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Today’s Workout:

Remember – You will skip first while I take the first exercise.

1. Frog Jump, Push-Up & Tuck Jump
2. Shoulder Lift, Squat, Drop & Press Up Burpee, Tuck – using the **Sandbag** or **Ugi Ball** or **Tbar** weights
3. V Knee Lift & Tricep Dip – using the **Equalizer**
4. Left Arm Reverse Push Up – using the **Equalizer**
5. Right Arm Reverse Push Up – using the **Equalizer**
6. Ugi Ball Mat Jump Overs – using the **Ugi Ball**
7. Left Leg Ugi Lunge Back (Touch floor) & Lift – (weighted optional) – using the **Sandbag** or **Ugi Ball** or **Tbar**
8. Right Leg Ugi Lunge Back (Touch floor) & Lift – (weighted optional) – using the **Sandbag** or **Ugi Ball** or **Tbar**
9. Get Ups – using the **Ugi Ball**
10. Laying Single Left Leg Ugi Pelvis Lift – using the **Ugi Ball**
11. Laying Single Left Leg Ugi Pelvis Lift – using the **Ugi Ball**
12. Ugi Ball Reverse Crunch – using the **Ugi Ball**
13. Weighted 10 Mountain & 10 High Knees – using the **Sandbag** or **Ugi Ball** or **Tbar** weights
14. Ugi Ball Jump Overs (or Toe Taps) – using the **Ugi Ball**
15. Crab Kick Ups
16. V Abs Left – using the Tbar weights
17. V Abs Right – using the Tbar weights
18. Lift Hands Burpees
19. Hook Squat Jumps
20. Floor Roll Pike Touch Toe Abs
21. Surf Board Burpees
22. Low Squat Ball Punch – using the Tbar weights
23. Weighted Wide Squat – using the Sandbag or Ugi Ball or Tbar
24. Drop It Like Its Hot – using the Ugi Ball
25. Clean & Press – using the Sandbag or Ugi Ball or Tbar
26. Elevated Side Plank & Lift – Left – using the Sandbag or Tbar weights & Equalizer
27. Elevated Side Plank & Lift – Right – using the Sandbag or Tbar weights & Equalizer
28. 10 Mountain climbers & Pike Jump
29. Walk Outs & Push Up – using the Ugi Ball
30. Burpees
31. 1 Arm Pike Push Ups – L&R Alternate
Bonus Arms & Shoulders Shred:

Set your timer to 10 seconds rest & 50 seconds work – unless you are working out with me – then press play RIGHT NOW while you are still hot & sweaty! Time to push harder than ever!!

Together we will complete the following exercises. (If you are not following the video – do as many as you can with good form before the time is up. Make sure you don’t compromise your form for repetitions.)

1. Shoulder Press – using the Sandbag or Ugi Ball or Tbar
2. Bicep Curl – using the Sandbag or Ugi Ball or Tbar
3. Upright Row – using the Sandbag or Tbar
4. Tricep Kick Back/Dips – using the Tbar weights
5. Hammer Curls – using the Tbar weights
6. Standing Flys – using the Tbar weights
7. Single Arm Shoulder Press – using the Tbar weights
8. Wide Bicep Curls – using the Sandbag or Tbar
9. In & Out Bicep Curls – using the Tbar weights
10. Round the World & Front Raise – using the Tbar weights
11. Switch Arm Back & Front – using the Tbar weights
12. Front Raise & Chest Press – using the Tbar weights
Hi BodyRockers!

Day 10 is already here!!

Today’s workout isn’t as long as the other days. There’s a reason for this – we have pushed everyday so far, and sometimes you just need to reduce the time & let your body recover. I am very aware of burnout, and I don’t want any of you missing your workouts. I want you to remain strong & focused & looking forward to your workout every day.

We have seriously killed our weights & cardio over that last few days! I’m sure you are aching like me & maybe walking like an old person! lol Let’s smash this bad boy out together & smash Day 10 into oblivion!

Never miss a workout!! :)
Workout Breakdown:

Set your to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Let’s get kicking on Day 10!

Today’s Workout:

Remember – You will skip first while I take the first exercise.

1. Clean & Press & Squat & Press – using the Sandbag or Ugi Ball or Tbar weights
2. Sandbag Swings – using the Sandbag
3. Press-up + Burpee + Tuck Jump x2 & 10 x Hook Punches – using the Tbar weights
4. Sandbag Swings – using the Sandbag
5. Single Left Arm Clean & Press – using the Sandbag or Tbar weights
6. Side Jump & Side Push Up Knee Burpees
7. Single Right Arm Clean & Press – using the Sandbag or Tbar weights
8. Sandbag Swings – using the Sandbag
9. Press-up + Burpee + Tuck Jump x2 & 10 x Hook Punches – using the Tbar weights
10. Sandbag Swings – using the Sandbag
11. Equalizer Touch Abs – using Tbar weights & Equalizer
12. Sandbag Swings – using the Sandbag
13. Clean & Press & Squat & Press – using the Sandbag or Ugi Ball or Tbar weights
14. Mountain Climbers
Combat Burnout:

Set your 🕒 to a stop watch & do the following exercises with correct form as quickly as possible! Unless you are working out with me – then press play RIGHT NOW while you are still hot & sweaty as it’s time for a BURNOUT!!!

50 straight Punches – using the Tbar weights (100 Total)
50 Hooks – using the Tbar weights (100 Total)
50 Left Standing Knee Abs – using the Tbar weights
50 Right Standing Knee Abs – using the Tbar weights
100 Touch Ugi Ball Taps – using the Ugi Ball
30 Push Ups

I added more weight to my bag today for the swings – just like this!

See? Easy! :)

See the image of the bag with weights for reference.
Hi BodyRockers!

Day 11 – Can you believe we are here already??

So, how are you feeling?? Have you noticed that you are becoming more comfortable at doing this yet?? There will be a day where you don’t ache so much and you feel stronger ... have you experienced that yet??

Do you notice any changes starting to happen?? Is your diet on track?? Are you eating the right foods to support your training... i.e. good carbs, proteins, greens & veggies??

Make someone’s day today... share this 30 Day Challenge with them. It’s really easy to make a difference in someone’s life!
Workout Breakdown:

Set your ⏰ to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Let’s do this!!

Today’s Workout:

Remember – You will skip first while I take the first exercise.

1. Weighted Plyo Jump, Squat & Bicep Curl Turn – using the Tbar weights or Sandbag or Ugi Ball
2. 1/2 Burpee & Monkey Push Up
3. 2 x In & Out Abs & 2 x Jump Out Leg Push Ups
4. 2 x Ski Abs & 1 Spider Push Up L&R
5. Mountain Switch Kick Toe Touch (L&R Alternate) – using the Tbar weights
6. Ninja Tuck Jumps or Burpee’s
7. Seated C Circle Ball Abs – using the Ugi Ball
8. Left Arm Plank & Front & Fly Lift – using the Tbar weights
9. Right Arm Plank & Front & Fly Lift – using the Tbar weights
10. Push Up & Plyo Box Jump
11. Elevated Cross Leg Push Ups – using the Equalizer
12. Walking Pike Abs
13. L&R Leg Alternating Triceps Dips – Feet Up – (Use a box)
14. Commando Roll & Mountain Push Ups
15. Walking Staggered Push Ups
16. Seated Tuck Ab & Body Lift – using the Equalizer
17. 2 x Switch Lunge & 2 x Low squat Jumps
18. 8 Hooks High, 8 Hooks Low & 4 Rope Jumps (L&R Alternate)
19. One Leg Dead Lift – Left Leg Balance – using the Tbar weights or Sandbag or Ugi Ball
20. One Leg Dead Lift – Right Leg Balance – using the Tbar weights or Sandbag or Ugi Ball
21. Weighted Pike Abs – using the Tbar weights or Sandbag or Ugi Ball
22. Single Arm Chest Press Left – using the Tbar weights or Sandbag or Ugi Ball
23. Single Arm Chest Press Right – using the Tbar weights or Sandbag or Ugi Ball
24. 1 Leg Bent Over Row Left Arm – using the Tbar weights or Sandbag or Ugi Ball
25. 1 Leg Bent Over Row Right Arm – using the Tbar weights or Sandbag or Ugi Ball
26. Squat & Touch Opposite Toe (L&R Alternate)
27. Tuck Abs – using the Equalizer
29. Tuck Star Jumps
30. Cross Leg Reverse Curls – Left Leg
31. Cross Leg Reverse Curls – Right Leg
32. Pike Side to Side
33. Dive Bombers
34. Touch Toes – Star Jump Legs
35. Oblique Bend Lifts – using the Tbar weights
Strength & Conditioning: Core & Mixed Muscle Bonus

Set your to 10 seconds rest & 50 seconds work – unless you are working out with me – then it’s time to press play before you cool down!

Together we will complete the following exercises. If you are not following the video – do as many as you can with good form before the time is up. Make sure you don’t compromise your form for repetitions.

1. Clean & Press – using the Sandbag
2. Push-Up, Side Plank & Reach through – using the Tbar weights
3. Side to Side Chest Press – using the Sandbag or Ugi Ball or Tbar
4. Bent Over Row – using the Sandbag or Tbar
5. Goblet Squats – using the Sandbag or Tbar
6. Left Leg Lunge – Forward & Back – using the Sandbag or Tbar
7. Right Leg Lunge – Forward & Back – using the Sandbag or Tbar
8. Over Head Press – using the Sandbag or Ugi Ball or Tbar weights
9. Weighted Reverse Curls – using the Ugi Ball or Tbar weights
11. Wide Squats – using the Sandbag or Ugi Ball or Tbar weights
12. Back Lifts
Hi BodyRockers!

Day 12 is the final day before we get two rest days!!! Yay!!! :D

It’s Legs & Ass Day today!!
Workout Breakdown:

Set your to 10 seconds rest & 30 seconds work. If you are training in your gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Day 12 – I want you to really push today!!!!

Today’s Workout:

Remember – You will skip first while I take the first exercise.

1. Weighted Squats – using the Sandbag or Ugi Ball or Tbar

2. Wide Leg Squats – using the Sandbag or Ugi Ball or Tbar

3. Elevated 1 Leg Squats – Left Leg – using the Sandbag or Ugi Ball or Tbar

4. Elevated 1 Leg Squats – Right Leg – using the Sandbag or Ugi Ball or Tbar

5. Hip Distance Leg Squeezes – (pull in the abs, lift the pelvis, and squeeze the butt)

6. Weighted Squats – using the Sandbag or Ugi Ball or Tbar

7. Wide Leg Squats – using the Sandbag or Ugi Ball or Tbar

8. Pulse Squats – using the Sandbag or Ugi Ball or Tbar

9. In & Out Squeezes – (hold pelvis up, abs in, squeeze the legs in & out)

10. Squat & Leg Lifts – using the Sandbag or Ugi Ball or Tbar

11. Leg Press – (bend knees to chest & push feet straight up to the ceiling) (optional use of Band or Ankle Weights)

12. Lunges – Right Leg – using the Sandbag or Ugi Ball or Tbar

13. Lunges – Left Leg – using the Sandbag or Ugi Ball or Tbar

14. Low Squat Pulse Squats – using the Sandbag or Ugi Ball or Tbar
15. Step Ups – Left – using the Sandbag or Ugi Ball or Tbar
16. Step Ups – Right – using the Sandbag or Ugi Ball or Tbar
17. Donkey Kicks – Left Leg – (bring the knee to the chest, then to the back of the room) (optional use of Band or Ankle Weights)
18. Donkey Kicks – Right Leg – (bring the knee to the chest, then to the back of the room) (optional use of Band or Ankle Weights)
19. Wide Leg Squats – using the Sandbag or Ugi Ball or Tbar
20. “L” Lift Pulse – Left Leg (make an L shape & with a flat foot pulse the foot to the ceiling, squeezing the ass) (optional use of Band or Ankle Weights)
21. “L” Lift Pulse – Right Leg (make an L shape & with a flat foot pulse the foot to the ceiling, squeezing the ass) (optional use of Band or Ankle Weights)
22. Straight Leg Lifts – Left Leg – (keep foot flat, lift and lower the leg trying not to touch the floor, squeeze the Ass @ the top) (optional use of Band or Ankle Weights)
23. Straight Leg Lifts – Left Leg – (keep foot flat, lift and lower the leg trying not to touch the floor, squeeze the Ass @ the top) (optional use of Band or Ankle Weights)
24. Bent “L” Leg Side Lifts -Left Leg (bend the leg in an L position, take the leg & knee (while in the L shape) out to the side & back in) (optional use of Band or Ankle Weights)
25. Bent “L” Leg Side Lifts – Right Leg – (bend the leg in an L position, take the leg & knee (while in the L shape) out to the side & back in) (optional use of Band or Ankle Weights)
26. Overhead Lunge & Kick – using the Sandbag or Ugi Ball or Tbar
27. Switch Lunges – using the Sandbag or Ugi Ball or Tbar
28. Surfboards
29. Squat Jumps
30. Prisoner Squat Jumps
31. Equalizer Inner Thighs – Left Leg – using the Equalizer
32. Equalizer Inner Thighs – Right Leg – using the Equalizer
33. Goblet Squats
Hi BodyRockers!

Well Done.

I am so proud of you!

You have made it to Days 13 & 14!!

As a reward for our efforts over the week, we all get to take a well-deserved two days of active rest – and yes it really is a rest this time! lol

We Need Rest Days To:

Restock Glycogen Stores
Build Strength
Minimize Fatigue
Reduce Risk of Overuse Injuries
Avoid Mental Burnout
Help Your Body Repair Itself

Eat well, enjoy these rest days, as Monday we start on Week 3!!
Hi BodyRockers!

Day 15 is here ... this is what we’ve been working towards! Weeks 3 & 4 start NOW!! I’m so excited!!

We’ve spent two weeks building your strength, building your stamina. Today’s workout is going to push you to that next line, and I want you to kick & smash your way through it!! This is the week that we GO HARD! This is the week you will see changes!!
Workout Breakdown:

We’re adding 10 more seconds today! Set your timer to 10 seconds rest & 40 seconds work! If you are training in your gym or on your own – complete as many reps of the following exercises before the 40 seconds is up.

Are you ready for the burn & some serious six pack abs?

Today’s Workout:

You will skip first (or do the cardio exercise I’ve chosen) while I take the first exercise.

Section 1:

x 2 Times Through  (Cardio = Burpees or Skipping)

1. 3 Point Plank Abs
2. 1/2 Burpee & Upright Row – using the Sandbag or Ugi Ball or Tbar
3. Over Ball Push-Ups – using the Ugi Ball
4. Squat Pike & Pike Tricep Push Up (or triceps exercise of choice)

(One Round Rest)
Section 2:

x 2 Times Through (Cardio = Squat Jumps or Star Jumps)

1. Lunge Forward & Back – (R&L Alternate) – using the Sandbag or Ugi Ball or Tbar weights

2. One Leg Elevated Push Up & Spider Knee – (R&L Alternate) – using the Equalizer & or Ugi Ball

3. Clean & Press + Squat & Press – using the Sandbag or Ugi Ball or Tbar

4. 10 Mountain Climbers & 10 Switch Kicks

(One Round Rest)

Section 3:

x 2 Times Through (Cardio = High Knees)

1. 1 Push Up, 1/2 Burpee & 1 Tuck Jump


3. Squat & Side Lift – (L&R Alternate) – using the Sandbag or Ugi Ball or Tbar

4. Knee Tuck & V – using the Equalizer

(One Round Rest)

Section 4:

x 2 Times Through (Cardio = Mountain Climbers or Mat Jumps)

1. Switch Lunges

2. Reverse Push Ups – using the Equalizer

3. Sandbag Swings – using the Sandbag

4. Standing Squat Pike Jumps
Lean Core Bonus:

Set your timer to 10 seconds rest & 50 seconds work.

Together we will complete the following exercises. If you are not following the video, make sure you don’t compromise your form for repetitions. Do as many as you can within the 50 seconds.

1. Suitcase Crunches – using the Tbar weights the Sandbag or Ugi Ball
2. Plank Knee Reach – using the Tbar weights
3. Plank Knee Reach – using the Tbar weights
4. Tuck & Chuck – using or Ugi Ball or Tbar weights
5. Russian Twists – using the Sandbag or Ugi Ball or Tbar weights
6. Touch Toe Abs – using the Sandbag or Ugi Ball or Tbar weights
7. V Abs Left
8. V Abs Right
9. Bike Abs
10. C Sit A Frame abs – using the Sandbag or Ugi Ball or Tbar weights
11. Plank & Punch – or Tbar weights
12. Tuck & Lift – using the Sandbag or Ugi Ball or Tbar weights
13. Dive Bombers
14. 50 Straight Sit Ups – Burnout
15. Back Lifts
Hey BodyRockers!

It’s Day 16! Today’s workout is everything we’ve done and everything we’ve learned in one mashed up day!
Workout Breakdown:

Set your 🕒 to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Today’s workout is split into 3 parts! – It’s going to be really fast & really intense! Are you ready??

Skipping is back! You will skip first while I take the first exercise.

Part 1 –
1. Push Up, Spider Push Up, Side Plank – using dumbbells
2. Chest Press & Reverse Curl – using the Tbar
3. 10 Mountain Climbers + 2 Tuck Jumps
4. Burpee, Push Up, Tuck Jump
5. Get Ups – using the Sandbag
6. Knee Raises – using the Equalizer
7. Superman Push Ups
8. Mountain Climbers – using the Equalizer
9. One Arm Push Ups
10. V-ups – using the equalizer
11. Seated Oblique Twists – using the Tbar weights
12. Shoulder Press – using the Tbar
13. Half Burpee & Surfer Jump
14. Jack Knife – using the Tbar weights
15. One Arm Clean & Press – left – using the Tbar weights
16. One Arm Clean & Press – right – using the Tbar weights
17. Overhead Abs – using the Sandbag
18. 10 High Knees & 10 Mountain Climbers – using the Ugi Ball
19. Lunge & Twist – using the Tbar weights
20. Tricep Dips – using the Equalizer
21. Sandbag Swings
22. Pull Ups & Leg Lift – using the Equalizer
23. Upright Row & Bent Over Row – using the Tbar
24. Squat & Calf Raise – using the Tbar
25. Elevated Push Ups – using the Equalizer
26. Squat Jumps
27. Frog Jumps
28. Jumps Ups
29. Toe Touch Abs – using the Tbar weights
30. Dive Bombers & Cross Knees

(One Round Rest)

Part 2 – Bonus Burn
32. Squat & Press – using the Sandbag
33. Tuck Abs
35. Lunge & Twist – using Tbar weights
36. Wood Chop – left – using Tbar weights
37. Wood Chop – right – using Tbar weights
38. 10 High Knees & 10 Mountain Climbers – using the Ugi Ball
40. Chest Press & Reverse Curl – using the Tbar
41. Lunge & Press – using the Tbar
42. 8’s – using the Tbar weights
43. Standing Flys – using the Tbar weights

(One Round Rest)

Part 3 – Full Body Weighted Burnout
1. Straight Abs – using the Ugi Ball
2. Bicep Curls – using the Tbar
3. Oblique Abs – left
4. Tricep Dips – using the Equalizer
5. Tuck Abs – using the Equalizer
7. Oblique Abs – right
8. Upright Row – using the Sandbag
9. Squats – using the Sandbag
10. Wide Push Ups
11. Standing Flys – using the Tbar weights
12. Lunge & Twist – using the Tbar weights
13. Pull Ups – using the Equalizer
14. Reverse Curl
15. Alternating Overhead Press – using the Tbar weights
16. Bent Over Row – using the Tbar
17. Clean & Press – using the Tbar
Hi BodyRockers!

I have pushed you hard over the last two days! We have been building up stamina & strength. Today we are concentrating on specific weight training, but as always I am making it a full body workout.

It’s important we keep the body guessing while also learning new ways to train & really push yourself. I want you to take more than a sexy six pack from this challenge. I want you to take away the ability to understand how to move & push yourself in new ways.

Weight training helps improve strength, increase fat burn, and build definition & lean muscle. Try to push yourself on the first few rounds as you can always drop in weight as we move through ....
Workout Breakdown:

You will not need your for this part of the workout! Instead you will be doing 8 reps of each exercise... 8 TIMES THROUGH!!! Use as much weight as you can without compromising on form. If you are working out with me, I’m waiting with another ass kicking workout behind the play button!

Day 17 – Time for the gun show!

Today’s Workout:

Remember you can always lower your weight – so go heavy to start. Try to stick with me... the idea is to keep a good pace with weights that push you with very little breaks.

1. Bicep Curl – using the Sandbag or Ugi Ball or Tbar weights
2. Tricep Dips – using the Equalizer
3. Around the world – using the Tbar weights
4. Squats – using the Sandbag or Ugi Ball or Tbar weights
5. Shoulder Press – using the Sandbag or Ugi Ball or Tbar weights
6. Reverse Flys – using the Tbar weights
7. Chest Press – using the Sandbag or Ugi Ball or Tbar weights
8. Abs – using the Equalizer & Tbar weights

(Repeat for 8 rounds!)
The Cardio Finish: 8x rounds of cardio!

Set your [clock] to 10 seconds rest & 50 seconds work:

Pick your choice of cardio (I will choose skipping) & go hard for 8 rounds of 50 /10!
Hi BodyRockers!

Day 18 is here! Remember our promise is 30 Days – me & you together!

You have almost made it through the hardest week of all. Week 3 is where the magic happens! You should start to really see changes & differences in your body from here onwards.

Are you ready to train with me today??
Workout Breakdown:

Set your to 10 seconds rest & 50 seconds work. If you are training in your gym or on your own – complete as many reps of the following exercises before the 50 seconds is up.

Let’s go HARD & get this workout SMASHED!!

Today’s Workout:

You will skip first (or copy the cardio exercise I do) while I take the first exercise.

1. Burpee & Plyo Box Jump
2. Squat & Bicep Curl – using the Sandbag or Ugi Ball or Tbar
3. Ladder Runs & Touch – using the Equalizer
4. Knee Tucks & Oblique L&R – using the Equalizer
5. Burpees & Push-Up’s & Tuck
7. Switch Hands & Single Leg Push Ups (L&R Alternative)
8. Mat Jumps
9. 3 Point Tuck Abs
10. 1 Elevated leg Pike Push-Ups – Right Leg
11. 1 Elevated leg Pike Push-Ups – Left Leg
12. 10 x Mountain Climbers & 5 Push Ups & Stand – Repeat
13. Wall Squat & Shoulder Press – using the Sandbag or Ugi Ball or Tbar weights
14. Oblique Side Push Ups – Left
15. Oblique Side Push Ups – Right
16. 10 High Knees & Drop Down
17. Oblique Twists – using the Sandbag or Ugi Ball or Tbar weights
18. Chest Press & Reverse Curls – using the Sandbag or Ugi Ball or Tbar weights
19. Small Pulse Squats – using the Sandbag or Ugi Ball or Tbar weights
20. Wall Walk & Push Up
21. Scissor Abs & Feed Through Legs – using the Tbar weights
22. Reverse Pull Ups – Feet Up – using the Equalizer

Bonus Core Blast:
1. 1 Min Elevated Plank
2. 1 Min Oblique Plank Twists – Right or Tbar weights
3. 1 Min Oblique Plank Twist – Left – or Tbar weights
4. 1 Min High Plank Low Plank 2 x Cross Knee Touch – (L&R Alternative)
5. 1 Min Reverse Plank
Hi BodyRockers!

Day 19 is finally upon us .... Week 4 is just around the corner!!

Today we are all about slow fat-burning cardio. We have battered our muscles for 4 days straight ... so get this in to complement this 30 Day Program.

If you only have the road – NO EXCUSES! Get your trainers on and your music pumping and get running!!
Workout Breakdown:

Set your 🕒 to 40 minutes.

Then ......

You are going to get dressed, put on your trainers & run!! Yes that’s right ... it’s cardio day!!

Now some of you may find 40 minutes a long time to run. Not to worry... I want you to walk or run until the BEEP goes .... Show me those timers & show me that cardio burn!

In every workout, we need a cardio component & this is no different. Get those trainers on & GET RUNNING!!!
Hi BodyRockers!

Well Done!

I am so proud of you.

You have made it to Day 20!!!

As a reward for our efforts over the week we all get to take a well-deserved two days of active rest!!

Make sure you keep your diet tight and keep moving that body! :)}
We Need Rest Days To:

Restock Glycogen Stores
Build Strength
Minimize Fatigue
Reduce Risk of Overuse Injuries
Avoid Mental Burnout
Help Your Body Repair Itself

Eat well & enjoy these rest days, as Monday we start on Week 4!!!
Hi BodyRockers!

Day 22 is here! Think about why you want to do these workouts, why you truly want to get in shape, and what keeps you making that effort. The more you can engage your mind and clarify your reasons for exercising - realizing which ones will help you and which ones will guide you - the better you’ll work out, and the easier you’ll stay on track.

Our minds are incredible, beautiful things — the more we can use them to our benefit, the more our bodies will thank us in the end.

We are starting with this workout today ... this will set the tone for the week ...... Go hard! It’s Week 4!! :)
Workout Breakdown:

Set your 🕒 to 10 seconds rest & 40 seconds work. If you are training in your gym or on your own – complete as many reps of the following exercises before the 40 seconds is up.

You know the moves now – NO EXCUSES!!

Today’s Workout:

You will skip first (or do the cardio exercise I’ve chosen) while I take the first exercise.

Section 1:

x 2 Times Through (Cardio = Burpees or Skipping)

1. 3 Point Plank Abs
2. 1/2 Burpee & Upright Row – using the Sandbag or Ugi Ball or Tbar
3. Over Ball Push-Ups – using the Ugi Ball
4. Squat Pike & Pike Tricep Push Up (or tricep exercise of choice)

(One Round Rest)
Section 2:  
2 Times Through  (Cardio = Squat Jumps or Star Jumps)  
1. Lunge Forward & Back – (R&L Alternate) – using the Sandbag or Ugi Ball or Tbar weights  
2. One Leg Elevated Push Up & Spider Knee – (R&L Alternate) – using the Equalizer & or Ugi Ball  
3. Clean & Press + Squat & Press – using the Sandbag or Ugi Ball or Tbar  
4. 10 Mountain Climbers & 10 Switch Kicks  

(One Round Rest)  

Section 3:  
2 Times Through  (Cardio = High Knees)  
1. 1 Push Up, 1/2 Burpee & 1 Tuck Jump  
3. Squat & Side Life – (L&R Alternate) – using the Sandbag or Ugi Ball or Tbar  
4. Knee Tuck & V – using the Equalizer  

(One Round Rest)  

Section 4:  
2 Times Through  (Cardio = Mountain Climbers or Mat Jumps)  
1. Switch Lunges  
2. Reverse Push Ups – using the Equalizer  
3. Sandbag Swings – using the Sandbag  
4. Standing Squat Pike Jumps
Lean Core Bonus:

Set your to 10 seconds rest & 50 seconds work – unless you are working out with me – then it’s time to press play and kick those abs into shape!

Together we will complete the following exercises. If you are not following the video, make sure you don’t compromise your form for repetitions. Do as many reps as you can within the 50 seconds.

1. Suitcase Crunches – using the Tbar weights the Sandbag or Ugi Ball
2. Plank Knee Reach – using the Tbar weights
3. Plank Knee Reach – using the Tbar weights
4. Tuck & Chuck – using or Ugi Ball or Tbar weights
5. Russian Twists – using the Sandbag or Ugi Ball or Tbar weights
6. Touch Toe Abs – using the Sandbag or Ugi Ball or Tbar weights
7. V Abs Left
8. V Abs Right
9. Bike Abs
10. C Sit A Frame abs – using the Sandbag or Ugi Ball or Tbar weights
11. Plank & Punch – or Tbar weights
12. Tuck & Lift – using the Sandbag or Ugi Ball or Tbar weights
13. Dive Bombers
14. 50 Straight Sit Ups – Burnout
15. Back Lifts
Hi BodyRockers!

Today is Day #23!! By now you should be seeing results. No matter how small these results are – remember they are results & need to be praised as they are all positive! If we don’t praise the positive elements in our lives, what’s the point to all this hard work so far??

With that said... I want you to put on some sexy clothes, work that gorgeous figure you have, and love your body that little bit more today – maybe add a bit of color & splash on a bit of nail polish that makes you feel la-de-da! :D

But first we sweat ... & oh boy did I sweat!!
Workout Breakdown:

Set your [ ] to 10 seconds rest & 50 seconds work. If you are training in your gym or on your own – complete as many reps of the following exercises before the 50 seconds is up.

You will skip first (or do the cardio exercise I’ve chosen) while I take the first exercise.

Today’s Workout:

Round 1
(Burpees or Squat Jumps = Cardio)
1. 1/2 Burpee & Upright Row
2. Cross Incline Pushups
3. Lunge & 1 Arm Shoulder Press – Left
4. Lunge & 1 Arm Shoulder Press – Right

2 Min Skip – (Together)

Round 2
(Mountain Climbers or Star Jumps = Cardio)
1. Weighted Squat Punch & Side Punch
2. Tricep Bench 1 Leg Jumps – (R&L Alternative)
3. 1 Leg Push-Up, Downward Dog & Cross Knee To Elbow (L&R Alternative)
4. Toe Touch Abs & One Overhead Ab

2 Min Skip – (Together)
Round 3
(Clean & Press or Sandbag Swing = Cardio)
1. 1 Leg Push-Up, Turn & Switch Kick – (R&L Alternate)
2. 3 Point Towel Abs
3. Plyo Long Jump The Mat & Repeat
4. Dead Lift & Behind Cross Legs (L&R Alternative)
2 Min Skip – (Together)

Round 4
(Weighted Step Ups or High Knees = Cardio)
1. Elevated Spider & Cross Knee Touch
2. Side Oblique Jumps & Push Up (L&R Alternate)
3. 4 x Plank Row & Downward Dog & Cross Knee To Elbow (L&R Alternative)
4. 3 Point Tuck Abs – L&R
2 Min Skip – (Together)

Round 5
(Mat Jumps or Ball Toe Taps or High Knees = Cardio)
1. Wide Leg Mountain Climbers
2. Sandbag Swings
3. Clap Push Ups
4. Legs Out Bike Abs
Hi BodyRockers!

It’s Day 24!! For all you crazy hardcore BodyRockers like me out there ....you will love this workout today!! Enjoy it! Remember how strong you are for just getting through it!
Workout Breakdown:

Set your timer to 10 seconds rest & 30 seconds work. If you are training at the gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

If you are working out with me, press play NOW & let’s GO GO GO!!!

Part One – Movement & Strength:

You will skip first while I take the first exercise.

1. Push-Up, Clean & Press – using the Sandbag or Ugi Ball
2. Squat & Press – using the Sandbag or Tbar
3. Tuck Abs
4. 1 Arm Clean & Press, Squat & Press & push Up – (Alternate L&R Arm) – using the Tbar weights
5. Lunge & Twist – (Alternate L&R) – using the Sandbag or Ugi Ball or Tbar weights
6. Dive Bombers
7. Left Wood Chop – using the Sandbag or Ugi Ball or Tbar weights
8. Right Wood Chop – using the Sandbag or Ugi Ball or Tbar weights
9. 10 High Weighted Knees & 10 Mountain Climbers – using the Sandbag or Ugi Ball or Tbar weights
11. Chest Press & Reverse Curl Legs – (Legs go down when weight comes to chest) – using the Sandbag or Ugi Ball or Tbar
12. Lunge & Press – using the Sandbag or Ugi Ball or Tbar
13. 8’s – (or ab exercise of choice) – using the Sandbag or Ugi Ball or Tbar weights
14. Standing Fly’s – using the Tbar weights
B O D Y R O C K . T V

(30 Second / One Round Rest)

Part Two – Weighted Burnout:
1. Bicep Curl – using the Sandbag or Tbar
2. Straight Abs – (Knees Up)
3. Oblique V Abs Left
4. Tricep Dips
5. Chest Press – using the Sandbag or Tbar
6. Oblique V Abs Right
7. Upright Row – using the Sandbag or Tbar
8. Squats – using the Sandbag or Ugi Ball or Tbar
9. Push-Ups
10. Flys – using the Tbar weights
11. Lunge & Twist – (Alternate L&R) – using the Sandbag or Ugi Ball or Tbar weights
12. Pull Ups – using the Equalizer
13. Reverse Curls
14. Shoulder Press – using the Sandbag or Tbar
15. Bent-over Row – using the Sandbag or Tbar

**BEEP BEEP BEEP** – You did it ... I knew you would!
Hi BodyRockers!

How are you today? Feeling awesome??

Can you believe it’s Day 25 already? *sad face*

Let’s do this!!!
Workout Breakdown:

Set your timer to 10 seconds rest & 50 seconds work. If you are training in your gym or on your own – complete as many reps of the following exercises before the 50 seconds is up.

You know the moves now – NO EXCUSES!! Remember – you will skip first (or do the cardio exercise I choose) while I take the first exercise.

Today’s Workout: HIIT Madness!

1. Clean & Press – using the Sandbag or Ugi Ball or Tbar weights
2. 1/2 Burpee & Push Up
3. Tuck Abs – using the Equalizer
4. Reptile on the Run – using the Ugi Ball
5. Squat & Press – using the Sandbag or Ugi Ball or Tbar weights
6. Bike Abs
7. Upright Row – using the Sandbag or Ugi Ball or Tbar weights
9. Squat Jump Touch
10. Frog Jump Forward & Back
11. Oblique Burpee
12. Mountain Climbers
13. 3 Point Seated Tuck Abs
14. Reverse Crunch
15. Reverse Elevated Pull Ups
16. Lunge & Press (L&R Alternative) — using the Sandbag or Ugi Ball or Tbar weights

17. Punch Abs – Tbar weights

18. 10 high Knees & Drop

19. Side 2 Side Oblique Abs – using the Equalizer

**BEEP BEEP BEEP** – You killed it ... I knew you would!
Hi BodyRockers!

It’s Day 26 already – the last workout before you have your two well deserved rest days. :))

Today we are adding some strength & conditioning.

The added strength & conditioning section is perfect for those of you who have never done weights before. For you more seasoned BodyRockers... get some weight & get that extreme shred to finish off those muscles for the day! Go as heavy as you can!!
Workout Breakdown:

Set your **Gymboss** to 10 seconds rest & 30 seconds work. If you are training in your gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Bring me your game face & meet me in the living room!!

Today’s Workout:

Remember – You will skip first (or perform the cardio I do) while I take the first exercise.

1. Walking Push Ups
2. Sandbag Swing – using the Sandbag
3. Left Leg Squat & Behind Toe Touch & Reach – using the Tbar weights
4. Left Leg Squat & Behind Toe Touch & Reach – using the Tbar weights
5. Clean & Press & Squat & Press – using the Sandbag or Ugi Ball or Tbar weights
7. Push-Up, Burpee, Tuck Jump
8. 2 x Switch Lunges & 2 x Wide Squat
9. Wood Chop Knee Abs Left – using the Tbar weights
10. Wood Chop Knee Abs Right – using the Tbar weights
11. 10 Mountain Climbs & 2 Walking Push Ups
12. Left Arm, Left Leg – Lunge & Press – using the Tbar weights
13. Right Arm Right Leg – Lunge & Press – using the Tbar weights
14. Tricep Dip & V Knee Tuck – using the Equalizer
15. Low Wide Squats – Straight Punches – using the Tbar weights
16. Burpee & Tuck Jumps
17. Straight Legs & L&R Alternate Toe Touchs
18. Ski Abs – using the Ugi Ball
19. Mat Jumps
20. Side Oblique & Push Up – L&R Alternate
21. Plank – Jump In & Out Legs
22. Weighted Globe Twists
23. Pogo & Press – Left – using the Tbar weights
25. Reverse Plank

Remember –

We don’t diet … We eat right.
We don’t fail … We try our best.
We don’t hate … We are a team.
We don’t quit … We are consistent.
We don’t stop … Until we hear the beep.

but … Most Importantly … We enjoy the journey & be thankful.
Strength & Conditioning: Chest & Back Bonus

Set your ** to 10 seconds rest & 50 seconds work – unless you are working out with me – then press play right now while you are still hot & sweaty. Time to push harder than ever!!

Together we will complete the following exercises. If you are not following the video, ideally you should be doing either between 8-10 repetitions or 10-15 repetitions. Make sure you don’t compromise your form for repetitions.

1) Chest Press – using the Sandbag or Tbar
2) Bent over Row – using the Sandbag or Tbar
3) Bent over Flys – using the Tbar weights
4) Deadlift & Bent over Row – L&R Alternate – using the Sandbag or Tbar
5) Reverse Push-Ups – using the Equalizer
6) Push-up Punches
7) Lay Ugi Flys – using the Tbar weights
8) Left Arm Row – using the Sandbag or Tbar
9) Right Arm Row – using the Sandbag or Tbar
10) Plank Ugi Forward & Flys – L – using the Tbar weights & Ugi Ball
11) Plank Forward & Flys – R – using the Tbar weights & the Ugi Ball
Hi BodyRockers!

Well Done!

I am so proud of you.

You have made it to Days 27 & 28!!

As a reward for our efforts over the week, we all get to take a well-deserved active rest.
We Need Rest Days To:
Restock Glycogen Stores
Build Strength
Minimize Fatigue
Reduce Risk of Overuse Injuries
Avoid Mental Burnout
Help Your Body Repair Itself

Eat well & enjoy the rest days... Monday we start again!
Hi BodyRockers!

Day 29 – GOOD NEWS – this workout is epic!!

It’s Legs & Ass Day today!!

You asked for it... so here it is!!!
Workout Breakdown:

Set your exercise duration to 10 seconds rest & 30 seconds work. If you are training in your gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Day 29 – I want you to really push today!!!!

Today’s Workout:

Remember – You will skip first while I take the first exercise.

1. Weighted Squats – using the Sandbag or Ugi Ball or Tbar
2. Wide Leg Squats – using the Sandbag or Ugi Ball or Tbar
3. Elevated 1 Leg Squats – Left Leg – using the Sandbag or Ugi Ball or Tbar
4. Elevated 1 Leg Squats – Right Leg – using the Sandbag or Ugi Ball or Tbar
5. Hip Distance Leg Squeezes – (pull in the abs, Lift the pelvis, and squeeze the butt)
6. Weighted Squats – using the Sandbag or Ugi Ball or Tbar
7. Wide Leg Squats – using the Sandbag or Ugi Ball or Tbar
8. Pulse Squats – using the Sandbag or Ugi Ball or Tbar
9. In & Out Squeezes – (hold pelvis up, abs in, squeeze the legs in & out)
10. Squat & Leg Lifts – using the Sandbag or Ugi Ball or Tbar
11. Leg Press – (bend knees to chest & push feet straight up to the ceiling) (optional use of Band or Ankle Weights)
12. Lunges – Right Leg – using the Sandbag or Ugi Ball or Tbar
13. Lunges – Left Leg – using the Sandbag or Ugi Ball or Tbar
14. Low Squat Pulse Squats – using the Sandbag or Ugi Ball or Tbar
15. Step Ups – Left – using the Sandbag or Ugi Ball or Tbar

16. Step Ups – Right – using the Sandbag or Ugi Ball or Tbar

17. Donkey Kicks – Left Leg – (bring the knee to the chest, then to the back of the room) (optional use of Band or Ankle Weights)

18. Donkey Kicks – Right Leg – (bring the knee to the chest, then to the back of the room) (optional use of Band or Ankle Weights)

19. Wide Leg Squats – using the Sandbag or Ugi Ball or Tbar

20. "L" Lift Pulse – Left Leg (make an L shape & with a flat foot pulse the foot to the ceiling, squeezing the ass) (optional use of Band or Ankle Weights)

21. "L" Lift Pulse – Right Leg (make an L shape & with a flat foot pulse the foot to the ceiling, squeezing the ass) (optional use of Band or Ankle Weights)

22. Straight Leg Lifts – Left Leg – (keep foot flat, lift and lower the leg trying not to touch the floor, squeeze the Ass @ the top) (optional use of Band or Ankle Weights)

23. Straight Leg Lifts – Left Leg – (keep foot flat, lift and lower the leg trying not to touch the floor, squeeze the Ass @ the top) (optional use of Band or Ankle Weights)

24. Bent "L" Leg Side Lifts -Left Leg (bend the leg in an L position, take the leg & knee (while in the L shape) out to the side & back in) (optional use of Band or Ankle Weights)

25. Bent "L" Leg Side Lifts – Right Leg – (bend the leg in an L position, take the leg & knee (while in the L shape) out to the side & back in) (optional use of Band or Ankle Weights)

26. Overhead Lunge & Kick – using the Sandbag or Ugi Ball or Tbar

27. Switch Lunges – using the Sandbag or Ugi Ball or Tbar

28. Surfboards

29. Squat Jumps

30. Prisoner Squat Jumps

31. Equalizer Inner Thighs – Left Leg – using the Equalizer

32. Equalizer Inner Thighs – Right Leg – using the Equalizer

33. Goblet Squats
Hi BodyRockers!

Day 30 is finally here!!!
Are you ready for your last workout??

DAY #30
Workout Breakdown:

Set your timer to 10 seconds rest & 30 seconds work. If you are training in your gym or on your own – complete as many reps of the following exercises before the 30 seconds is up.

Day 30 is ready to roll – It’s total arm death!!! I want you to try to do the same cardio as me please!!!!

Today’s Workout:
Cardio = 10 Mountain Climbers, 2 x Prisoner Push-Ups & One Burpee Tuck Jump

1. Side Jump Lunges
2. One Jump Forward & One Jump Back
3. High Knees & Drop Down
4. Clean & Press – using the Sandbag or Ugi Ball or Tbar
5. Lunge & Twist – using the Sandbag or Ugi Ball or Tbar
6. One Leg Elevated Push-Ups – using the Equalizer
7. Wide Leg Half Burpees
8. Left Side Elevated Oblique Dips – using the Equalizer
9. Left Side Elevated Oblique Dips – using the Equalizer
10. Squat & Leg Lifts – using the Sandbag or Ugi Ball or Tbar
11. Squat & Press – using the Sandbag or Ugi Ball or Tbar
12. Mountain Climbers – using the Equalizer
13. Upright Row – using the Sandbag or Ugi Ball or Tbar
14. Bicep Curl & Shoulder Press- using the Sandbag or Ugi Ball or Tbar
15. Floor to Head Squat Twists – using the Sandbag or Ugi Ball or Tbar
16. 10 High Knees & 10 Mountain Climbers
17. Oblique Twists – using the Sandbag or Ugi Ball or Tbar
18. Sandbag Swing – using the Sandbag
19. Bent Over Row – using the Sandbag or Ugi Ball or Tbar
20. Overhead Lunge & Kick – using the Sandbag or Ugi Ball or Tbar
21. Front Raise & Side Raise Alternate – using the Tbar weights
22. Tricep Dips – using the Equalizer
23. Plank & 3 Point Under Knees – (L&R Alternate)
24. Chest Press – using the Sandbag or Ugi Ball or Tbar
25. Wood Chop Left – using the Tbar weights
26. Wood Chop Right – using the Tbar weights
27. Straight Punches – using the Tbar weights
28. Upper Cuts – using the Tbar weights
29. Reverse Curls – using the Tbar weights
Weight & Ab Burnout Bonus:

Set your to 10 seconds rest & 40 seconds work as below – unless you are working out with me – then press play right now while you are still hot & sweaty. Time to push harder than ever!!

Together we will complete the following exercises. If you’re not working out with me, complete as many reps of the following exercises in the 40 seconds. Try to go as heavy as possible.

1. Tuck Abs – using the Equalizer
2. Bicep Curl – using the Sandbag or Tbar or the Tbar weights
3. Oblique Abs – using the Equalizer
4. Triceps – using the Equalizer
5. V Abs – using the Equalizer
6. Chest Press – using the Sandbag or Tbar
7. Upright Row – using the Sandbag or Tbar
8. Squats – using the Sandbag or Tbar
9. Reverse Push-Ups – using the Equalizer
10. Push-Ups
11. Flys – using the Tbar weights
12. Lunge (L&R Alternate) – using the Sandbag or Tbar
13. Reverse Push-Ups – using the Equalizer
14. Reverse Curls
15. Shoulder Press – using the Sandbag or Tbar
16. Wide Grip Chest Row – using the Sandbag or Tbar
17. Clean & Press – using the Sandbag or Tbar
I know some of you have never done anything like this before & for most of you there may have been days where you may have been extra tired or just wanted to give up or skip a day.

But you didn’t, and you made it!!

That’s a credit to our strength in numbers & the will power in you. It takes effort to commit to 30 days... and even more effort to keep pushing everyday & never giving up.

Yeah, some days we maybe didn’t always go as hard as other days ...but OMG we were being super hardcore every day! That just comes with the territory – even then, we kept moving & we did it as a TEAM!
My hopes for you during this challenge were:
You found a new way of training
You were able to go harder & longer with just a bit of encouragement
Your diet may have improved as a happy accident of taking part
You learned a little bit more about me
You felt motivated & inspired to train every day
You felt empowered with a sense of achievement everyday
You might have learned a new way to move or tried a new exercise
You felt challenged & pushed
You may have gained a muscle here & there
You dropped ‘weighing yourself everyday’ without even realizing it
You realized you no longer needed to do the above ^^ as without it you feel leaner & fitter just from eating right & training hard
You realized it’s how you FEEL in your clothes
You have figured out that weights are your friend & you love them
You are excited to keep moving forward
& most of all you have realized – **You are a BODYROCKER!!!!**

*Program created by Lisa Marie – Bodyrock.tv Host*

*Read more: [http://www.bodyrock.tv/?s=30+day+real+time+challenge](http://www.bodyrock.tv/?s=30+day+real+time+challenge) Follow Bodyrock.tv: [@bodyrocktv on Twitter](http://twitter.com/bodyrocktv) / [Bodyrock.Tv on Facebook](http://facebook.com/bodyrock.tv)*

*PDF created by Melanie Fields*