

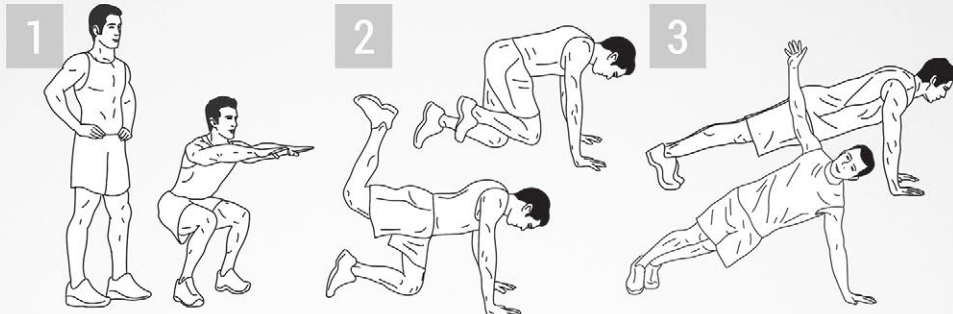


30 day power up

Neila Rey

#30daypowerup

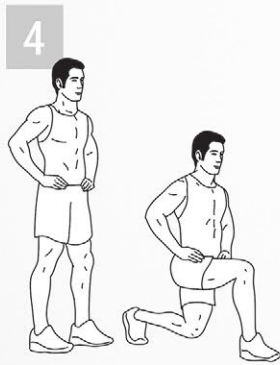
30 Day Power Up



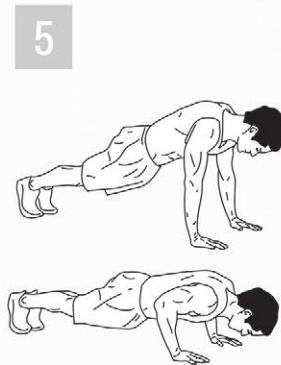
24 squats

24 donkey kicks

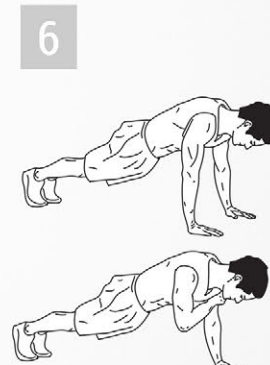
24 planks w/rotations



24 lunges



12 push-ups



24 shoulder taps

1 set

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes

reps (repetitions) per exercise

Reps (repetitions) are usually located next to each exercise's name. Number of reps is always a **total number for both legs / arms / sides**.

It's easier to count this way:

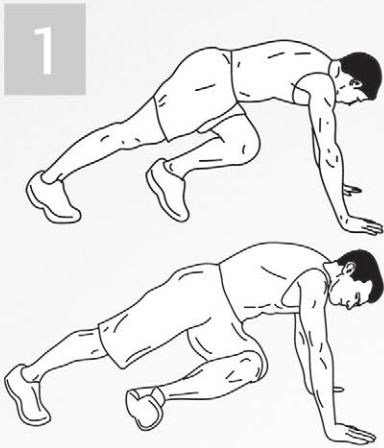
e.g. if it says 20 mountain climbers, it means that both legs are already counted in - it is 10 reps each leg.

number of sets

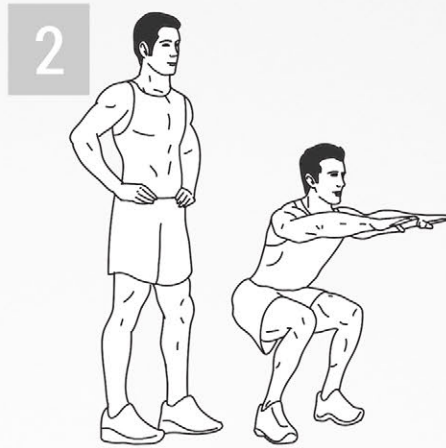
for your fitness level (I, II or III)

rest between sets

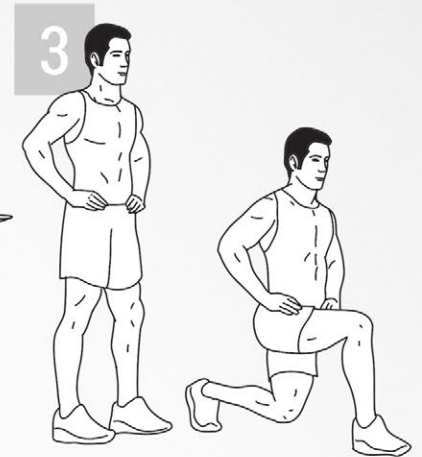
There is **no rest** between exercises - only after sets, unless specified otherwise.



20 slow cross climbers



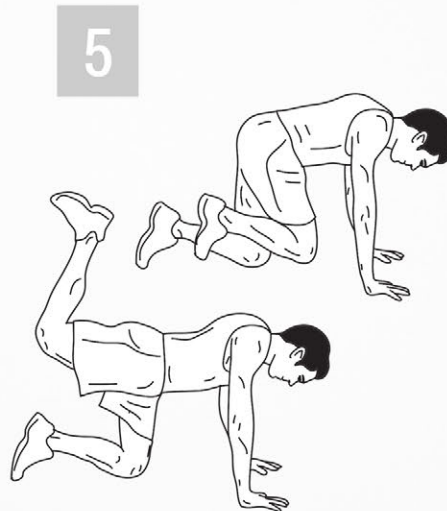
20 squats



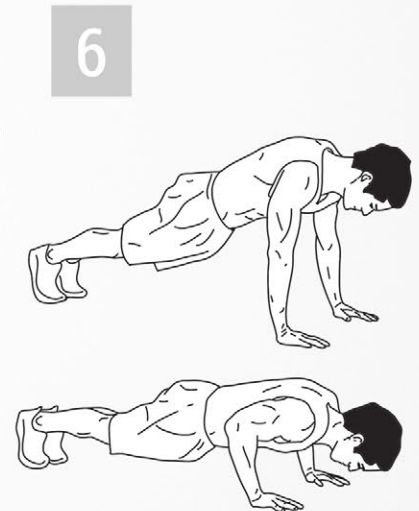
20 lunges



20 planks w/rotations

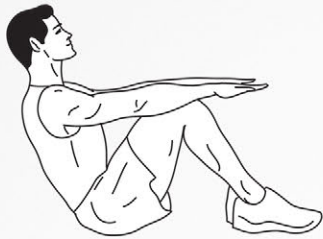
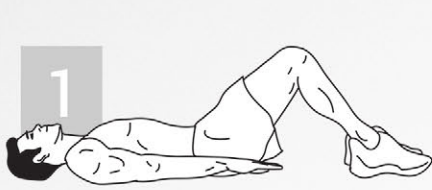


20 donkey kicks



12 push-ups

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



10 sit-ups



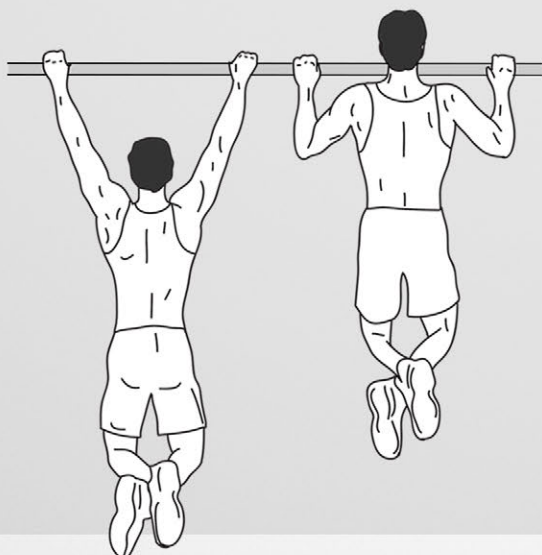
10 flutter kicks



10 windshield wipers

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

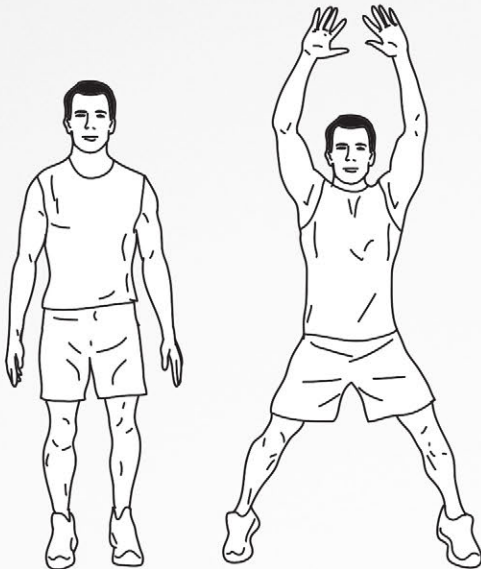
rest between sets: up to 2 minutes



pull-ups

4 sets to failure

rest between sets
up to 2 minutes



40 jumping jacks

floor tap

20 high knees

floor tap

20 jumping jacks

floor tap

20 high knees

floor tap

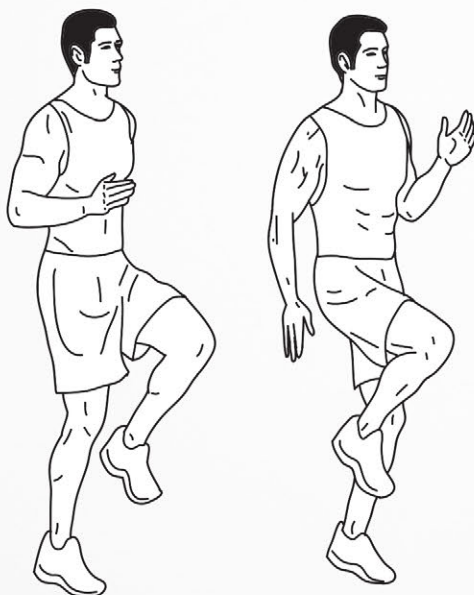
10 jumping jacks

floor tap

20 high knees

floor tap

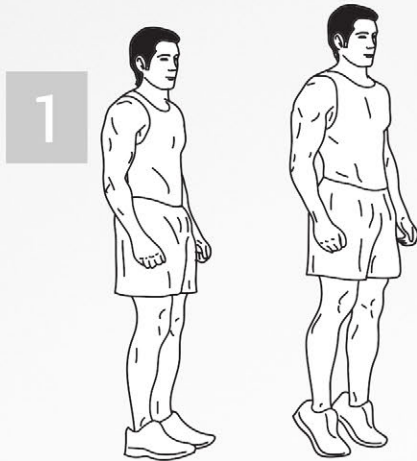
rest



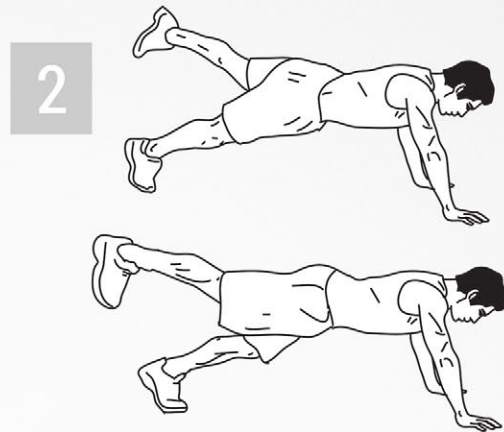
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes

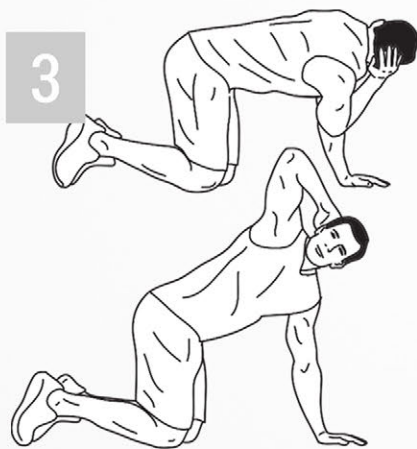
tap the floor every time you switch from jacks to high knees



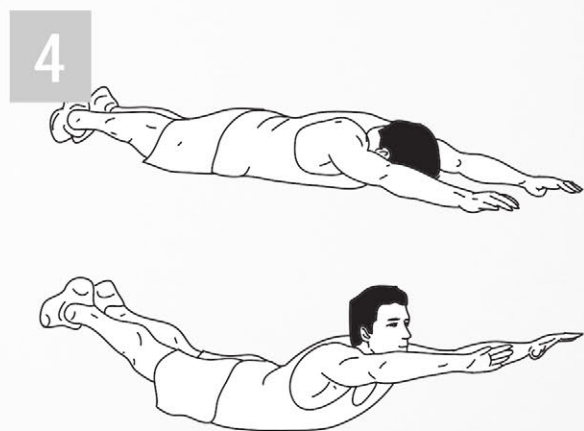
20 calf raises



20 plank leg raises

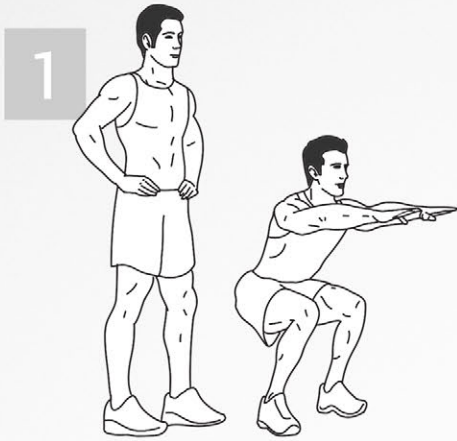


20 back rotations

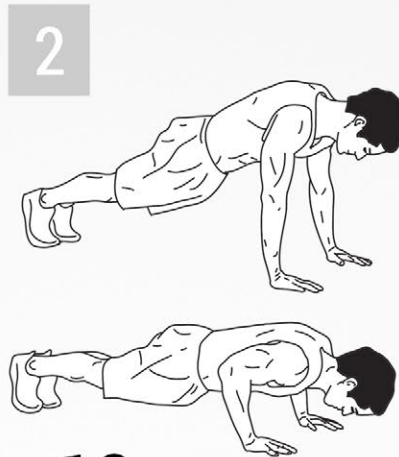


10 supermen

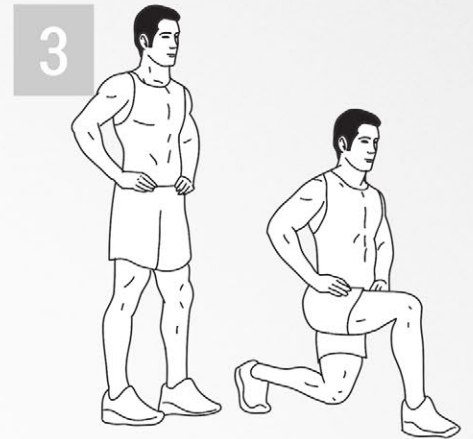
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



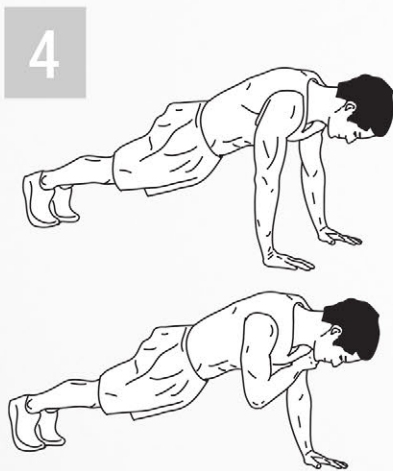
20 squats



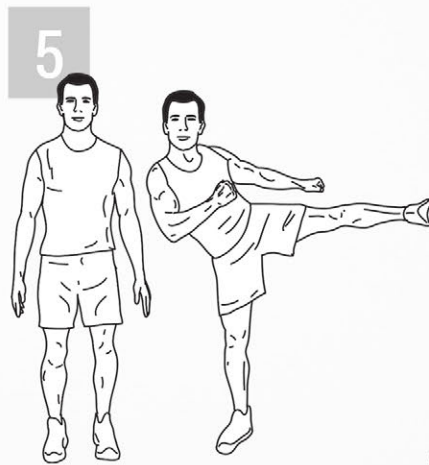
12 push-ups



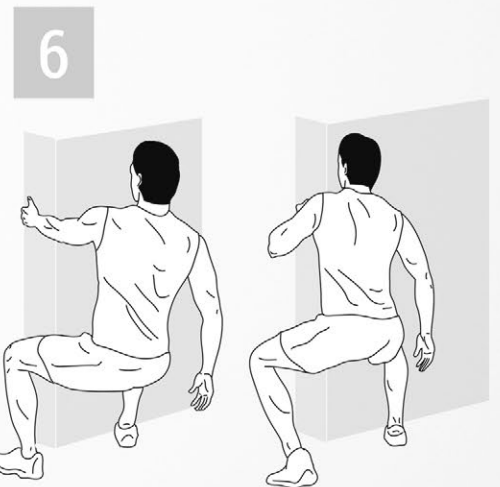
20 lunges



20 shoulder taps



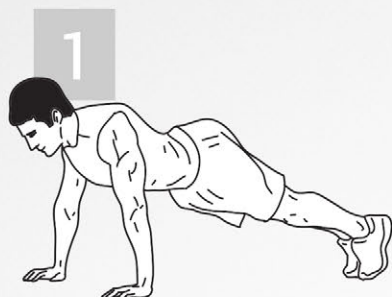
20 leg raises



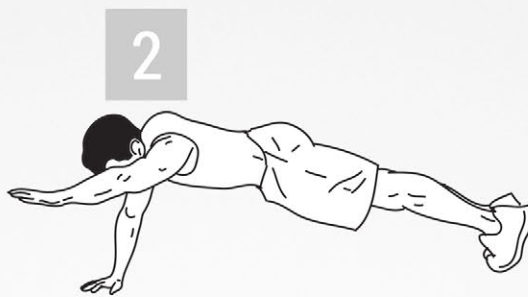
20 doorframe rows

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes



30sec plank



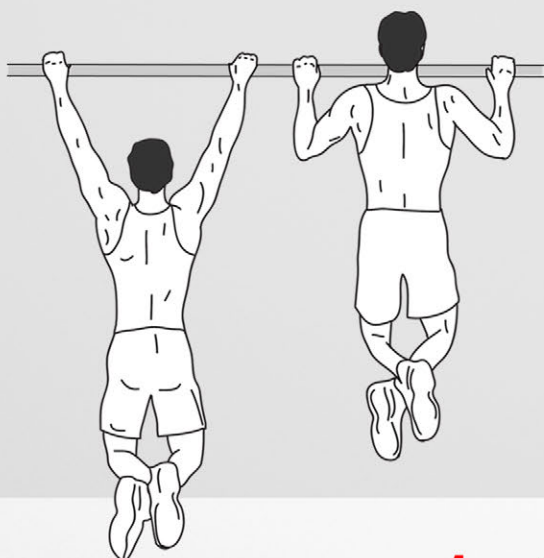
30sec raised arm plank
[15sec each arm]



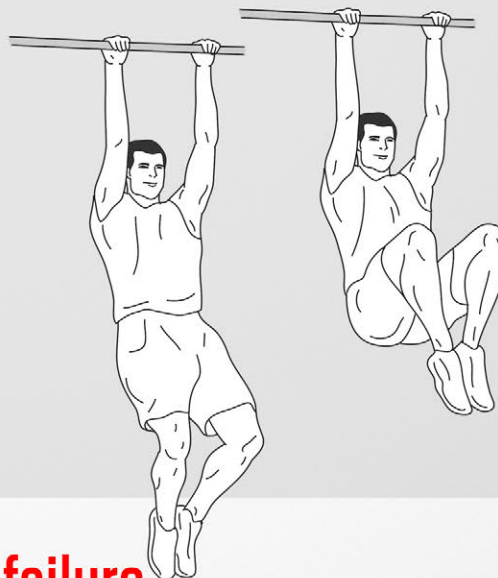
30sec elbow plank

Level I: repeat once **Level II:** repeat 3 times **Level III:** repeat 5 times
rest between sets: up to 2 minutes

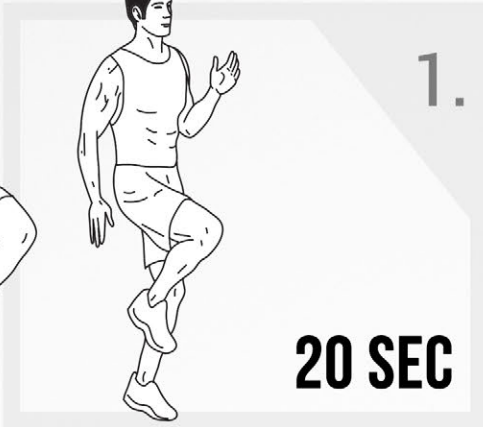
1 pull-ups



2 hanging knee lifts

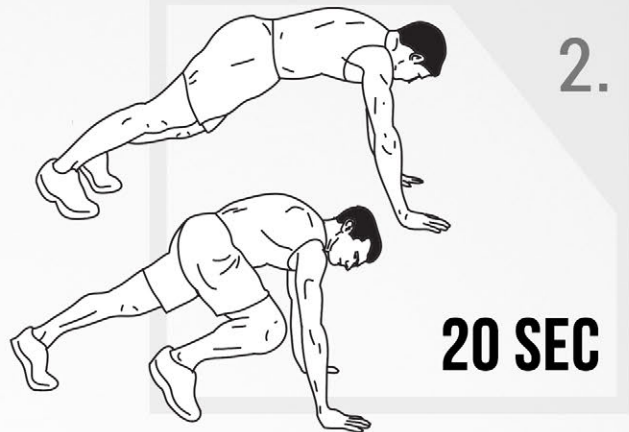


4 sets to failure
rest between sets: up to 2 minutes



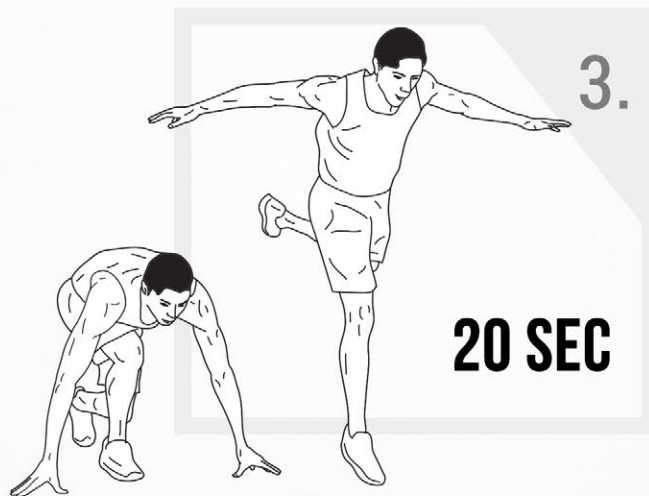
20 SEC

high knees



20 SEC

climbers



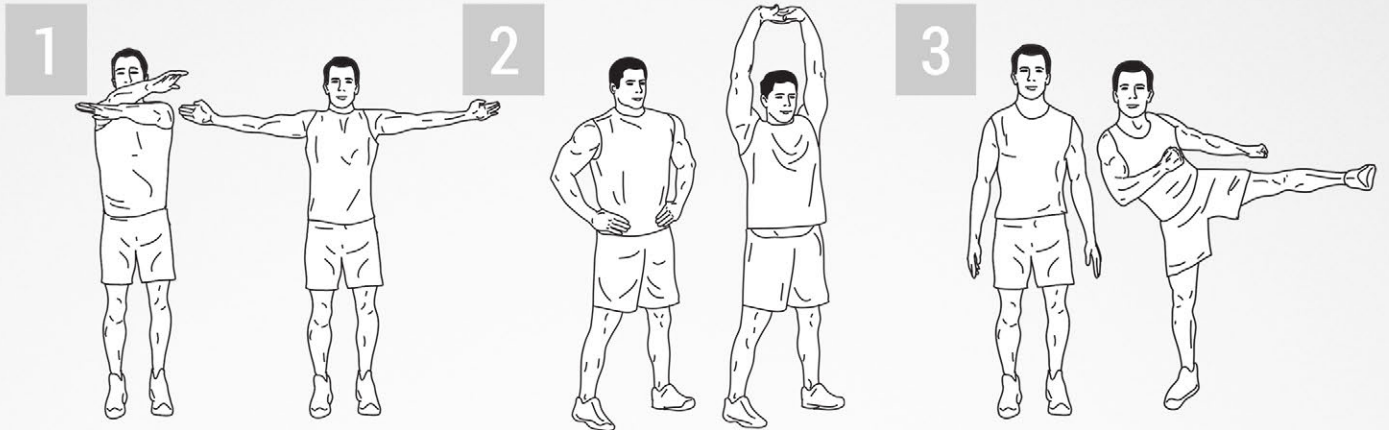
20 SEC

fly steps

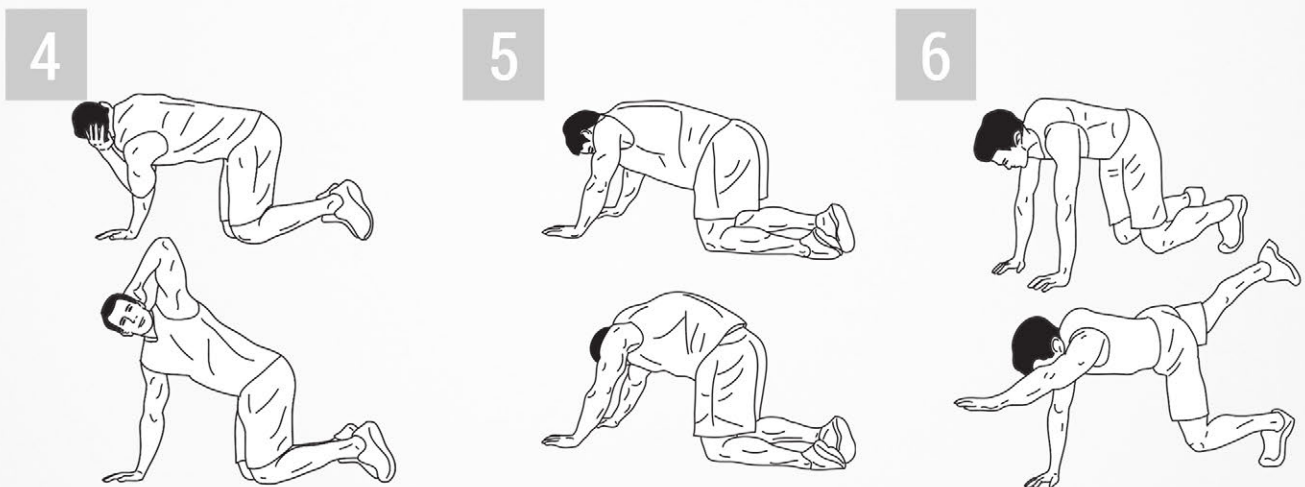
1 minute rest between rounds

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds

fly steps how-to: goo.gl/bW99Fz



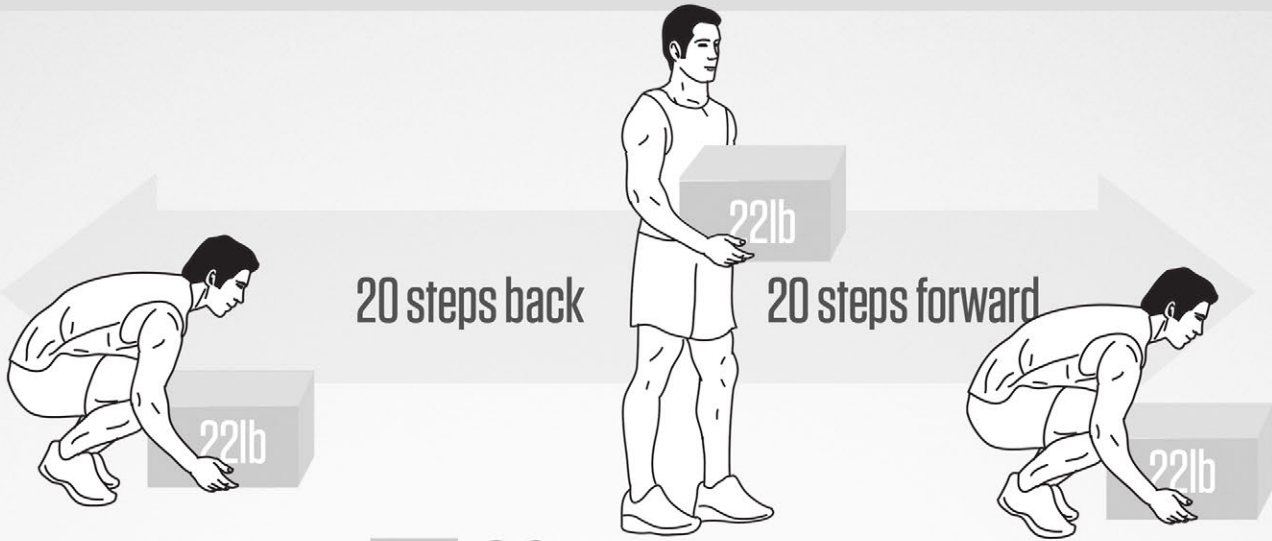
20 chest expansions **20** shoulder stretches **20** side leg raises



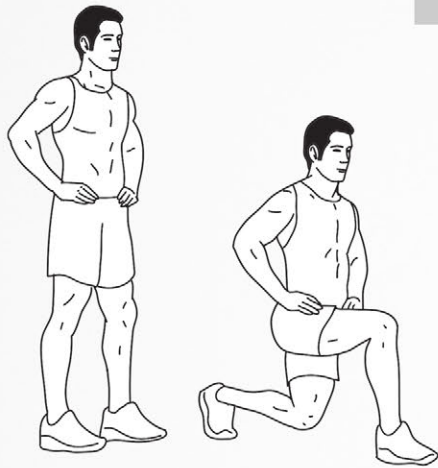
20 back rotations **10** back arches **10** cat stretches

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

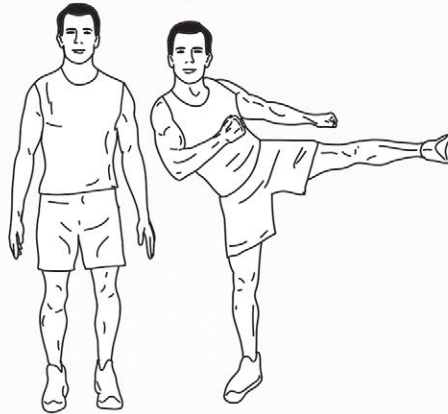
rest between sets: up to 2 minutes



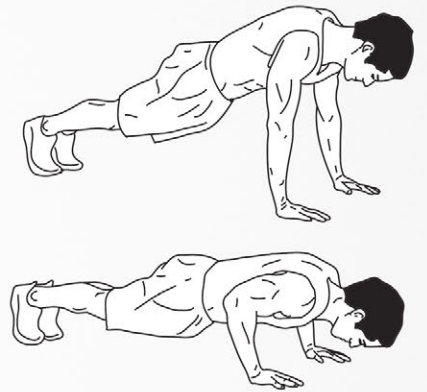
1 **20** squat, lift, walk & repeat
box weight min 22lb [10kg]



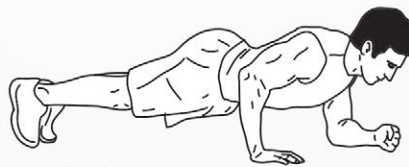
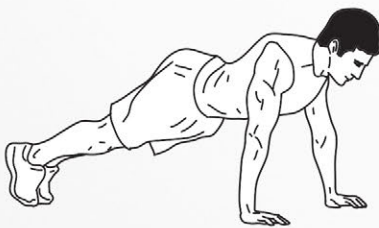
20 lunges



20 leg raises



12 push-ups



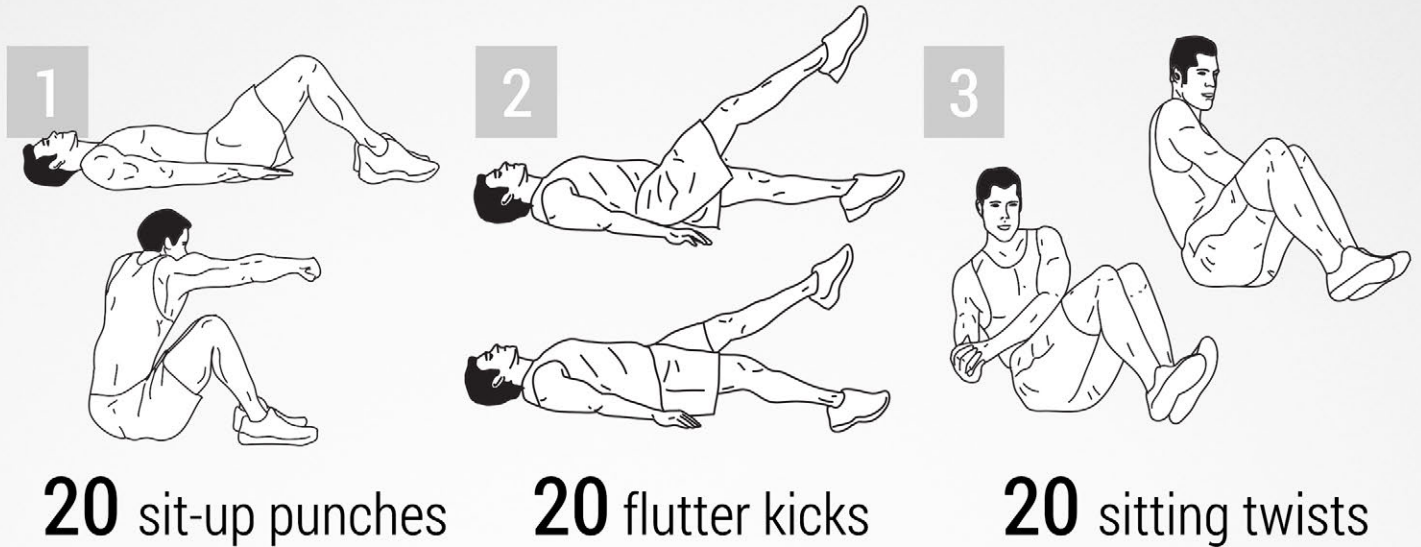
10 up & down plank



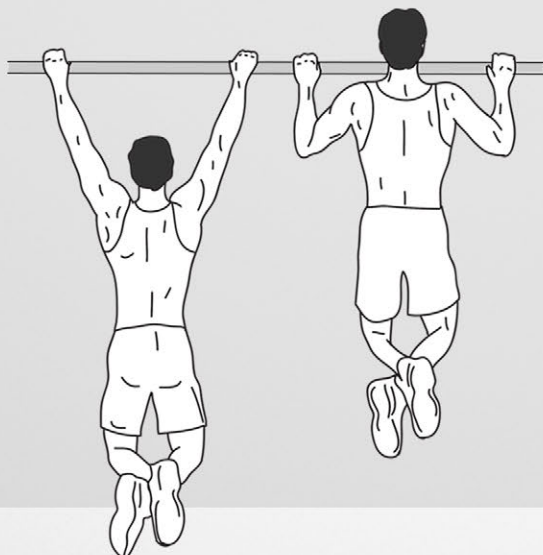
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes

tip: use laundry basket filled with books or sandbag for N1



sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



pull-ups

4 sets to failure

rest between sets
up to 2 minutes

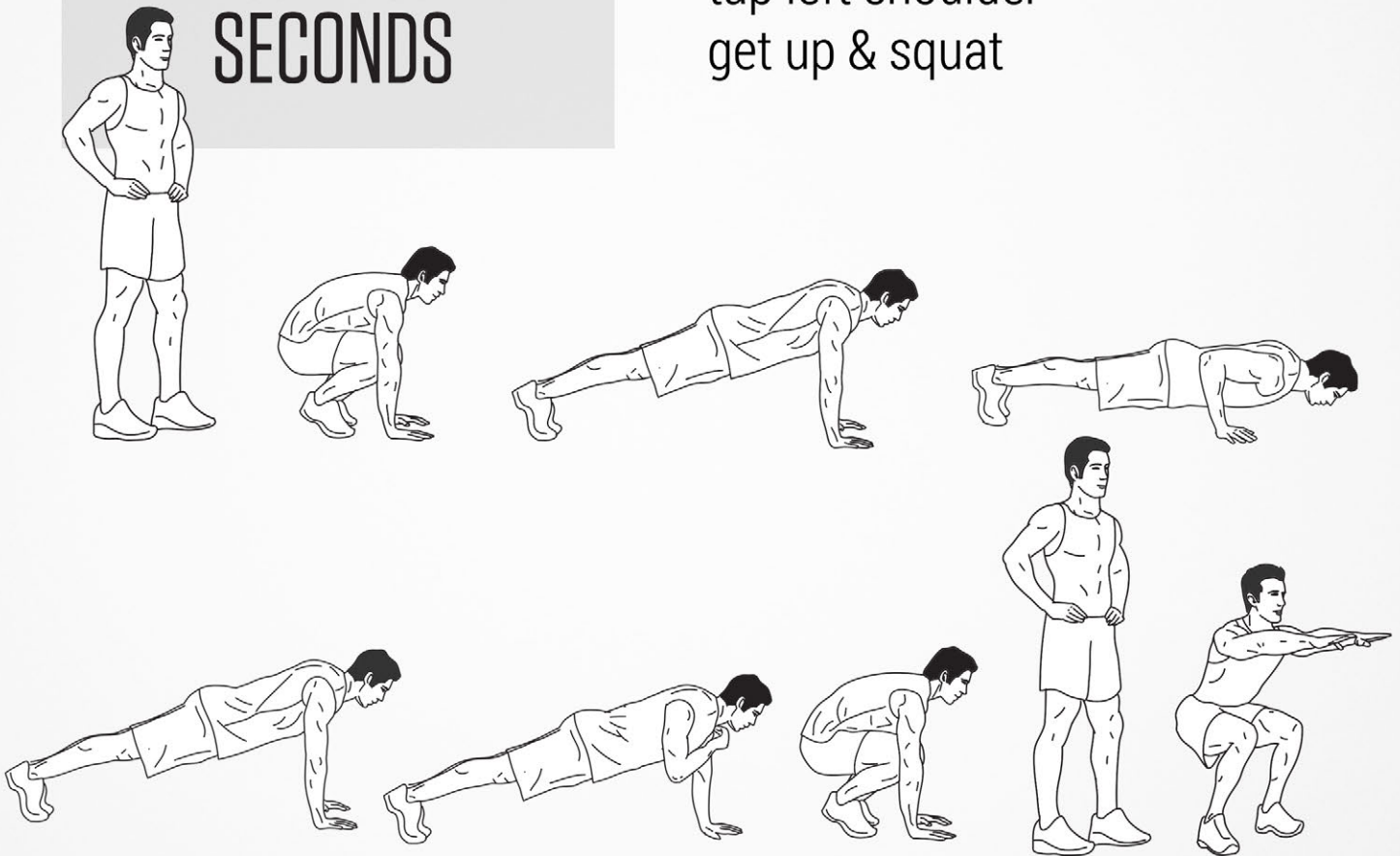
one round

60

SECONDS

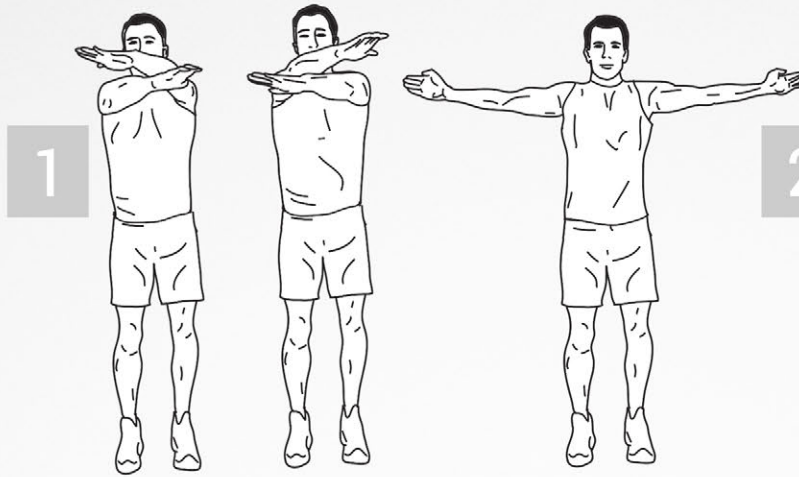
Man Maker

jump into a plank
push-up
tap right shoulder
tap left shoulder
get up & squat

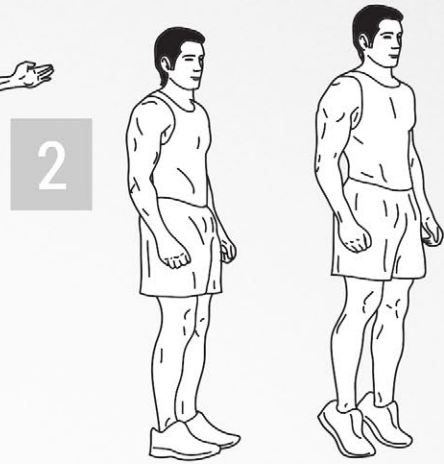


Level I: 5 rounds **Level II:** 10 rounds **Level III:** 15 rounds

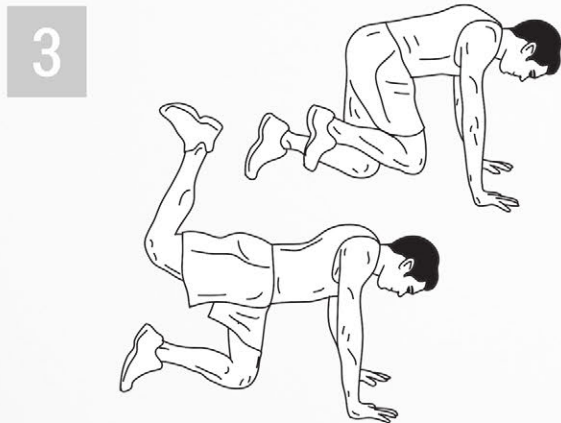
60 seconds rest between rounds



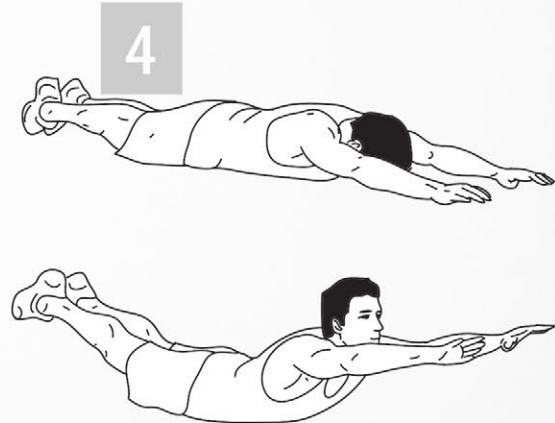
20 criss cross chest expansions



20 calf raises



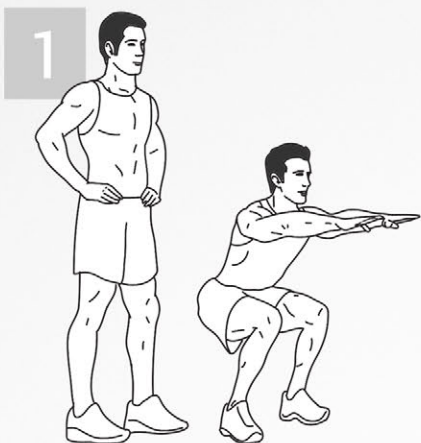
20 donkey kicks



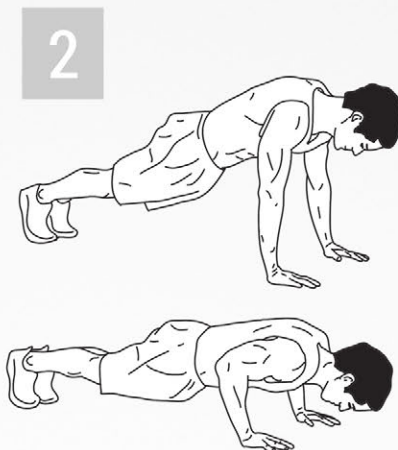
10 supermen

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

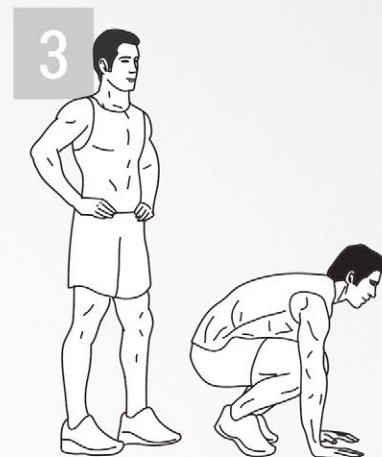
rest between sets: up to 2 minutes



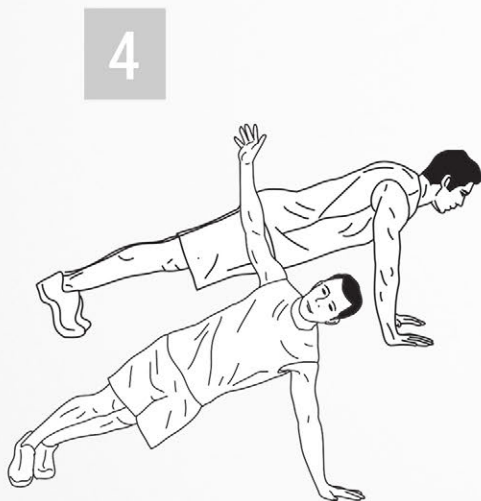
20 squats



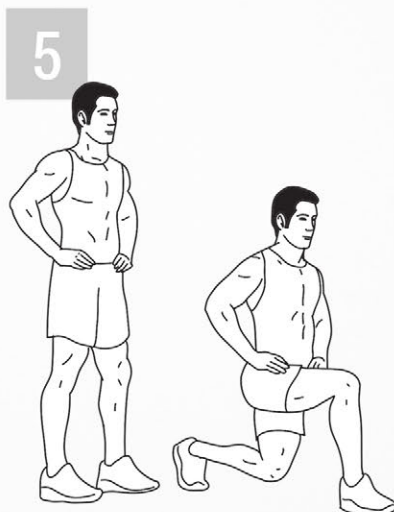
12 push-ups



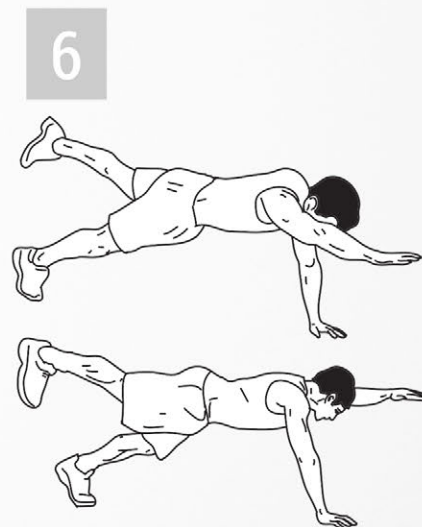
20 floor taps



20 planks w/rotations

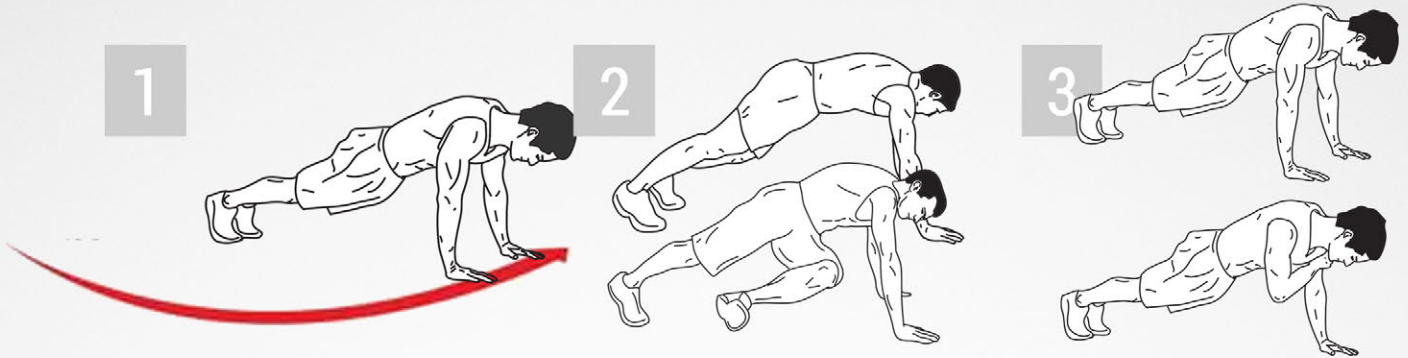


20 lunges



20 plank arm/leg raises

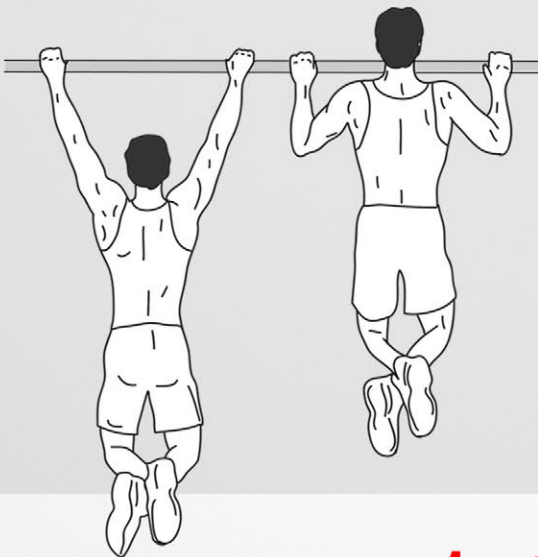
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



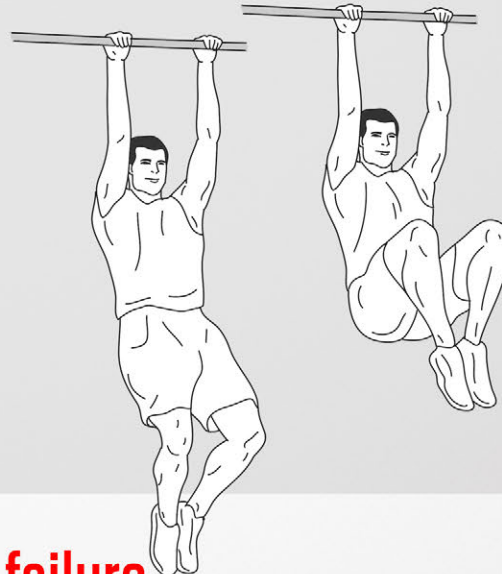
4 moving plank (90 °) **20** slow cross climbers **10** shoulder taps

Level I: repeat once **Level II:** repeat 3 times **Level III:** repeat 5 times
rest between sets: up to 2 minutes

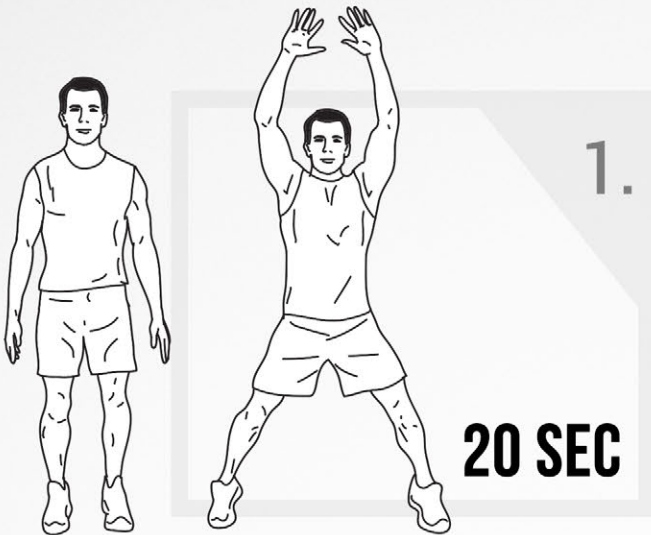
1 pull-ups



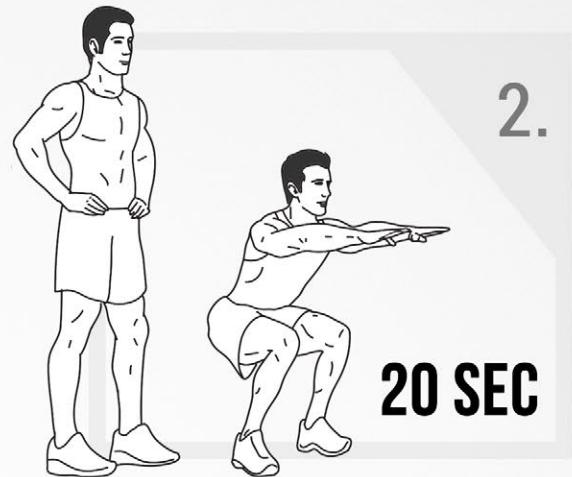
2 hanging knee lifts



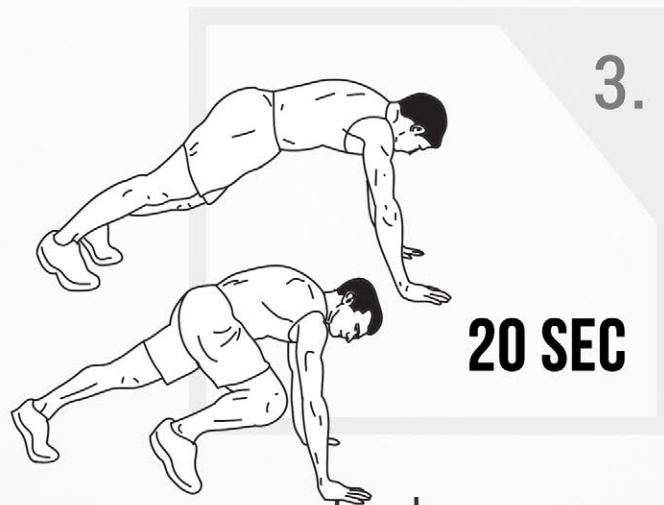
4 sets to failure
rest between sets: up to 2 minutes



jumping jacks



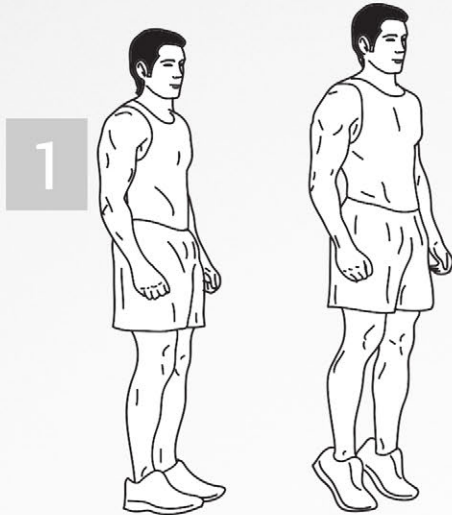
squats



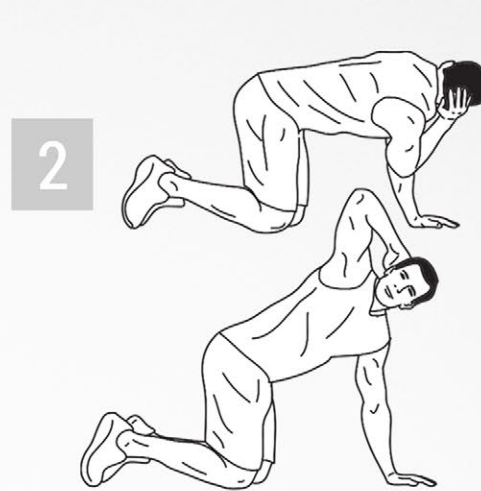
climbers

1 minute rest between rounds

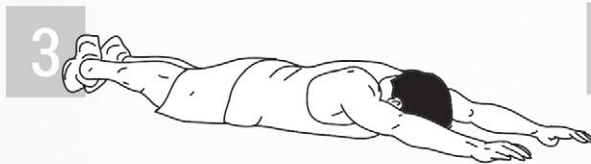
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds



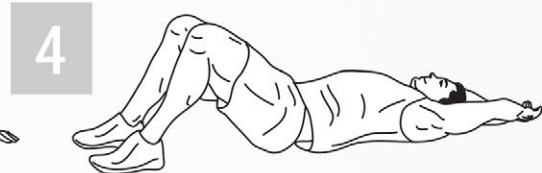
20 calf raises



20 back rotations

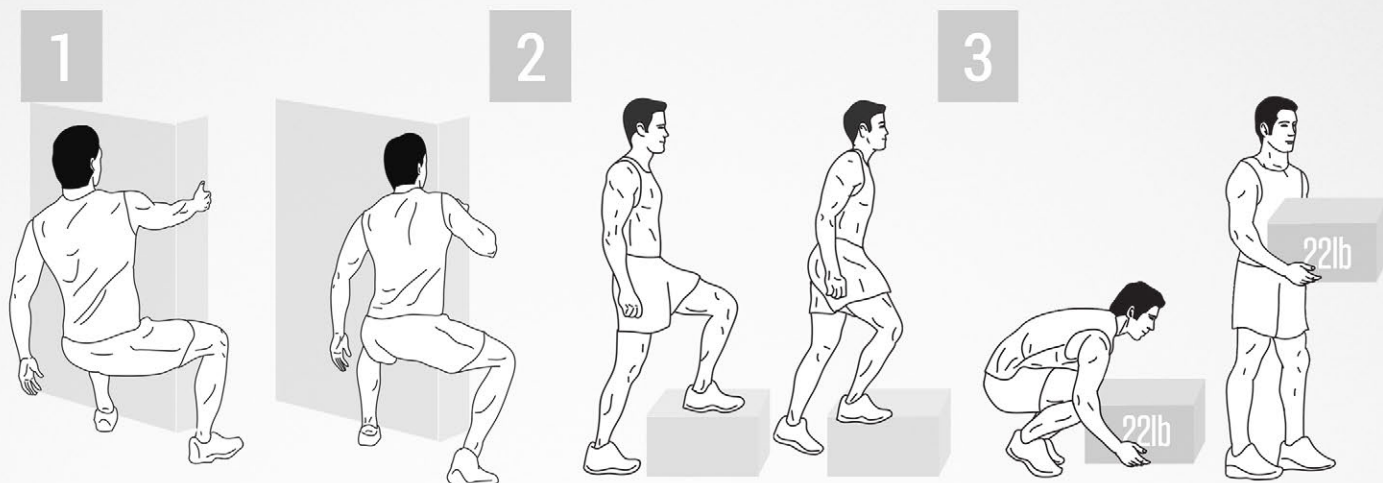


10 supermen



10 bridges

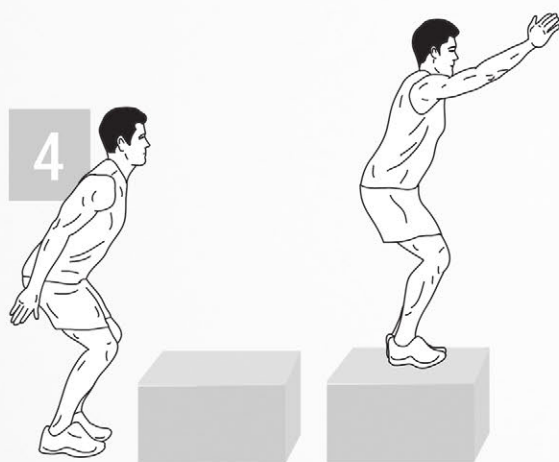
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



20 doorframe rows

20 box step-ups

20 box lifts



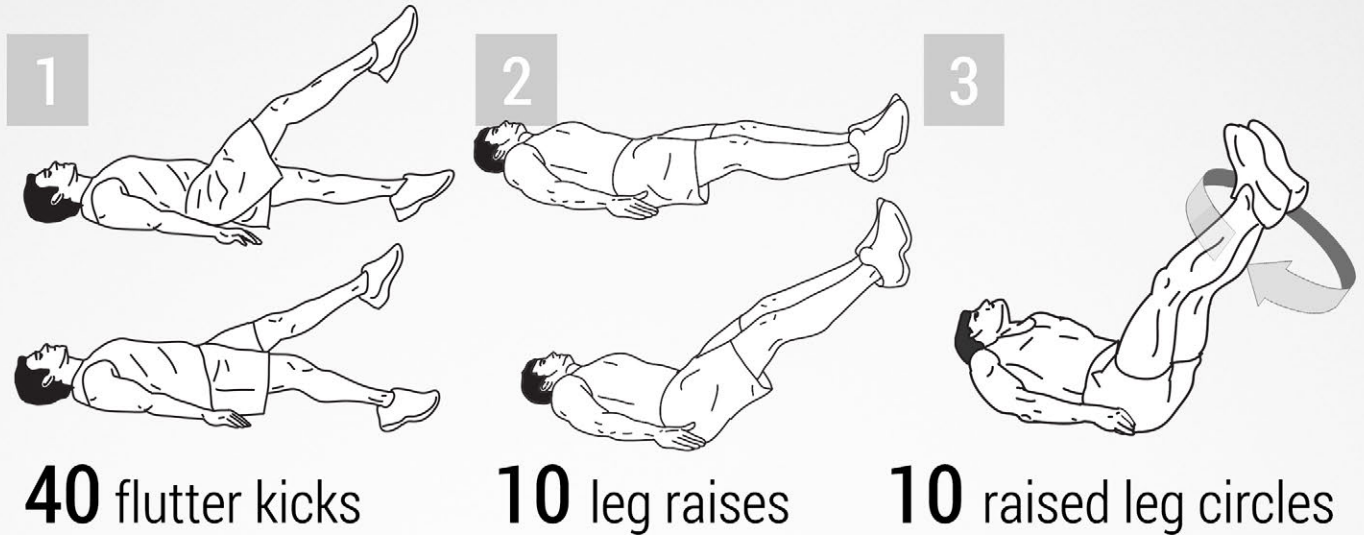
20 box jumps

20 shoulder pike presses

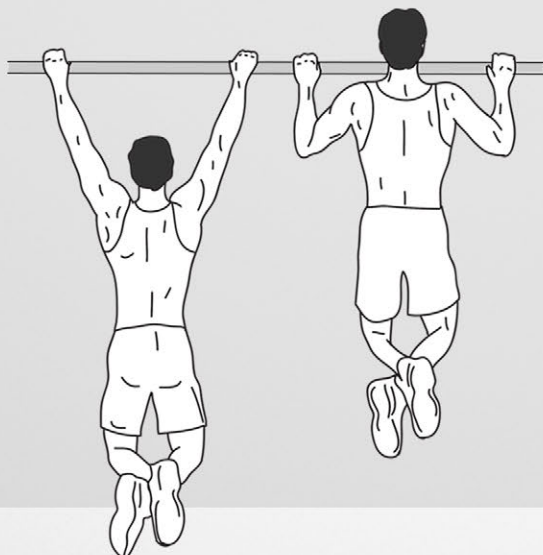
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes

tip: use anything knee high or below for step ups and jumps and a box or a laundry basket filled with books for lifts



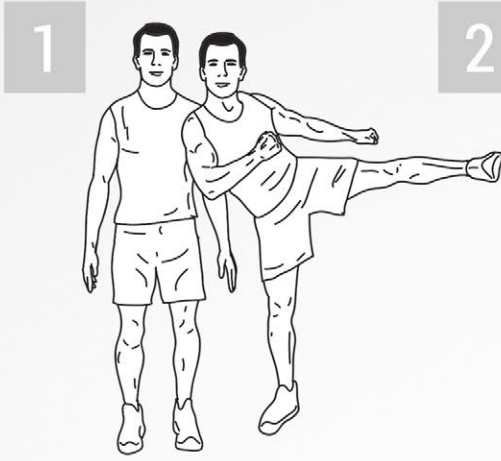
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



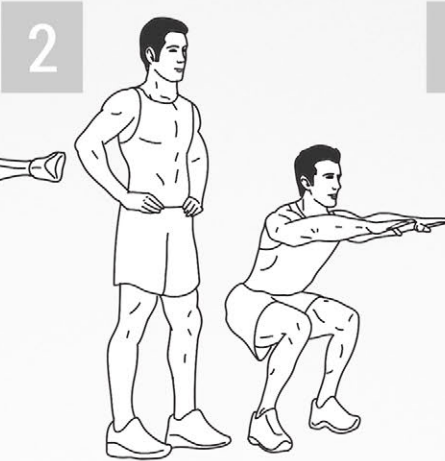
pull-ups

4 sets to failure

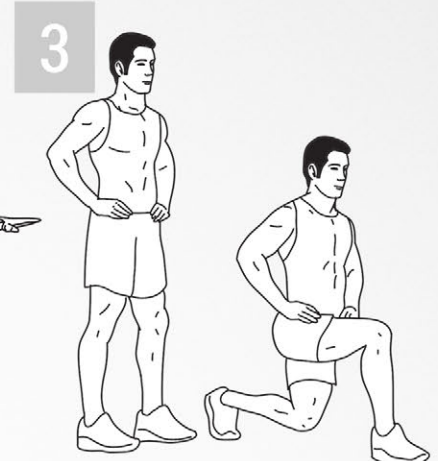
rest between sets
up to 2 minutes



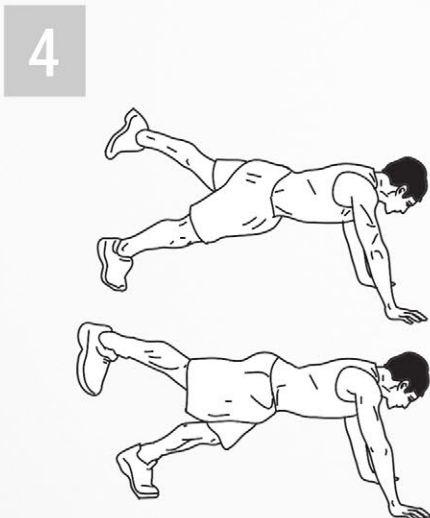
40 leg raises



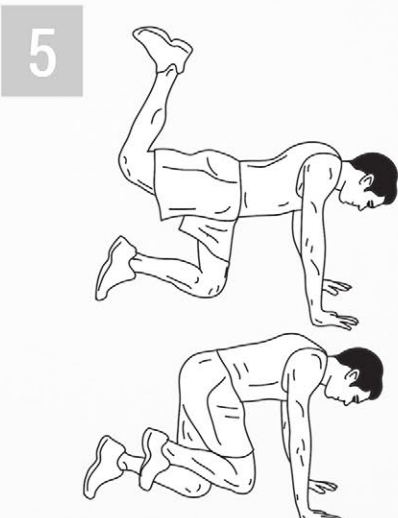
20 squats



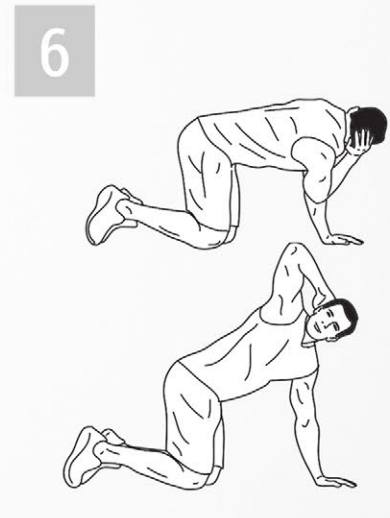
20 lunges



10 plank leg raises

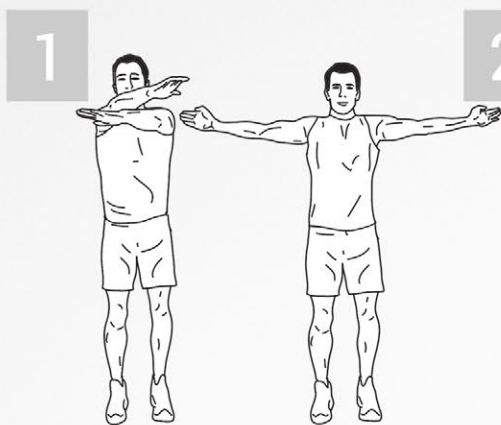


20 donkey kicks

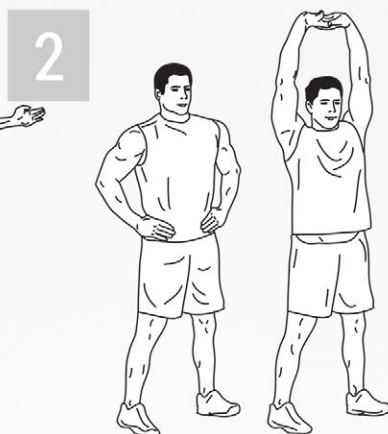


20 back rotations

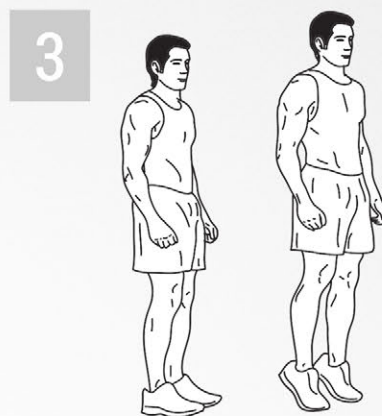
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



20 chest expansions



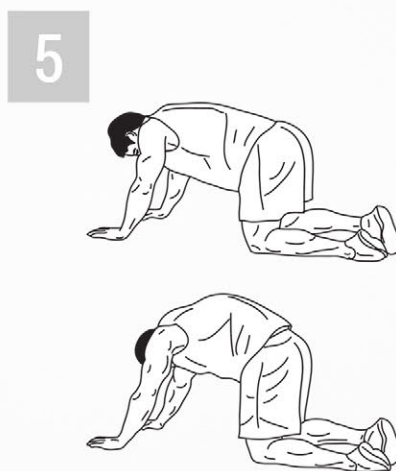
20 shoulder stretches



20 calf raises



20 back rotations



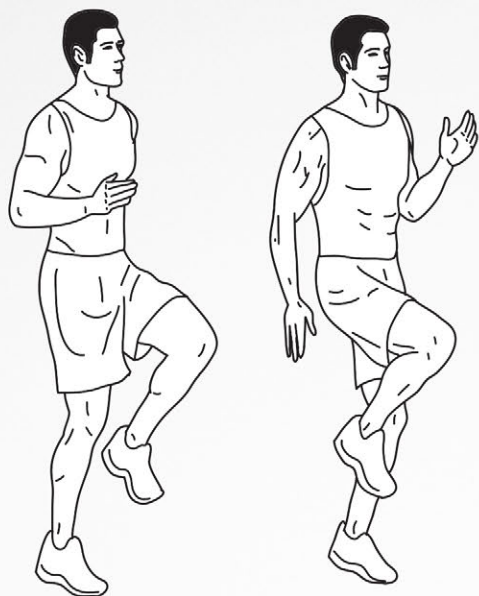
10 back arches



10 body folds

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes



40 high knees

floor tap

20 climbers

floor tap

20 high knees

floor tap

20 climbers

floor tap

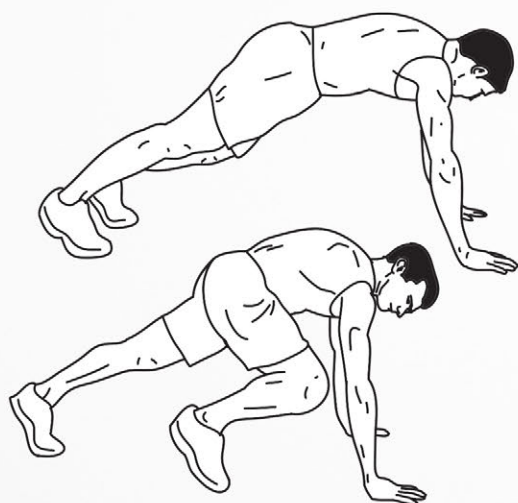
10 high knees

floor tap

20 climbers

floor tap

rest

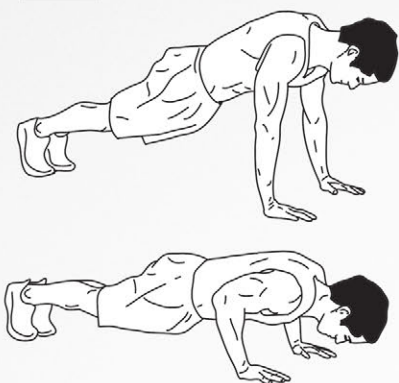


sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes

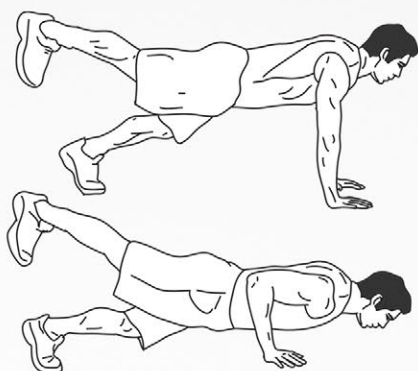
tap the floor every time you switch from high knees to climbers

1



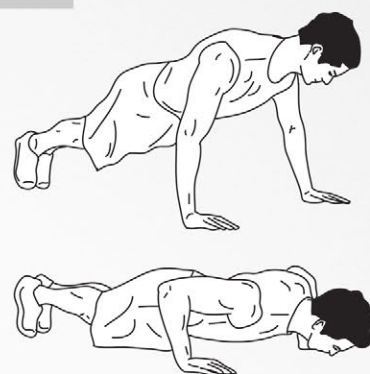
6 push-ups

2



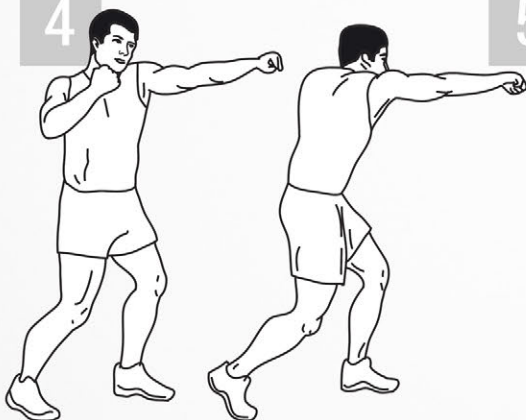
4 raised leg push-ups

3



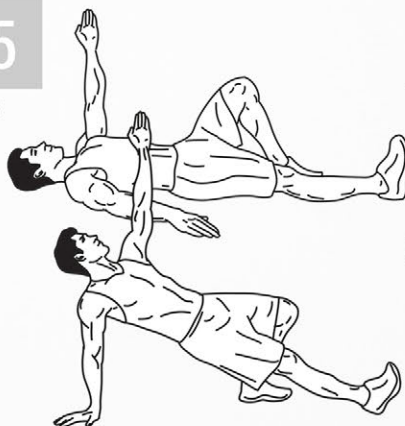
4 wide grip push-ups

4



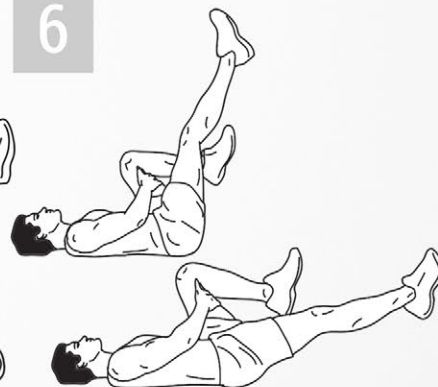
40 slow punches

5



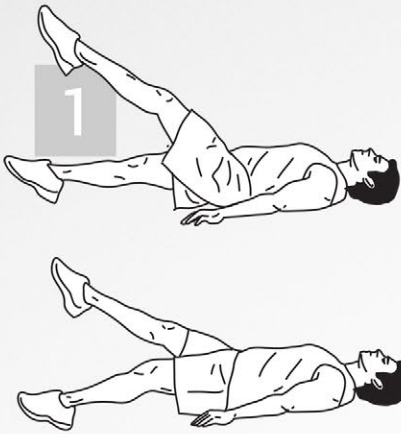
10 get-ups

6

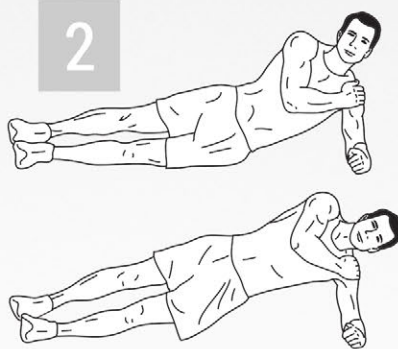


10 lowering drills

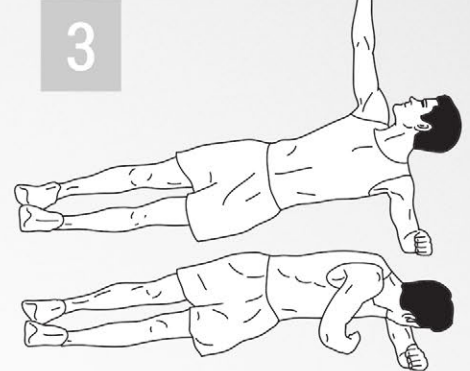
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



40 flutter kicks



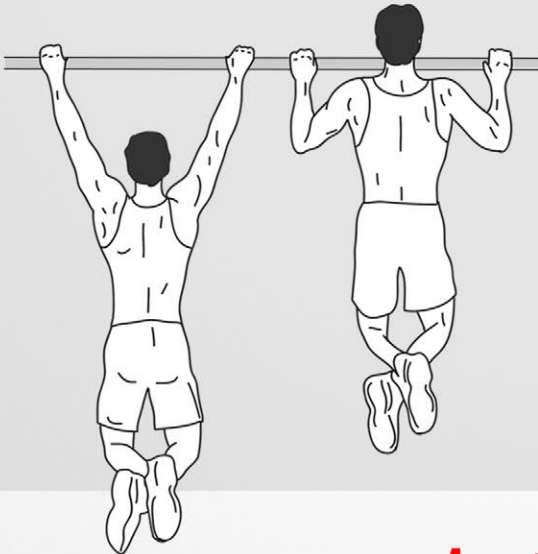
20 side plank raises



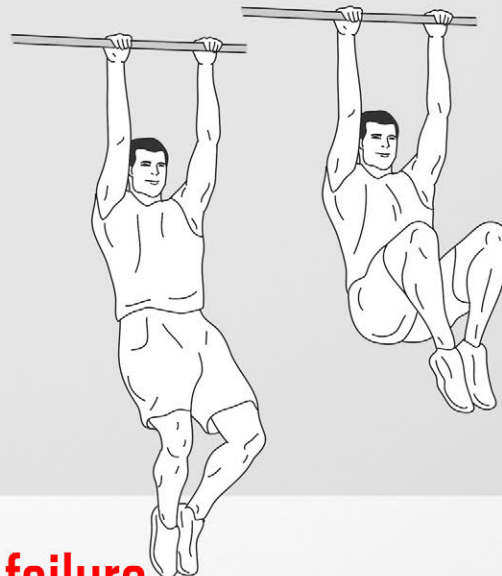
20 planks w/rotations

Level I: repeat once **Level II:** repeat 3 times **Level III:** repeat 5 times
rest between sets: up to 2 minutes

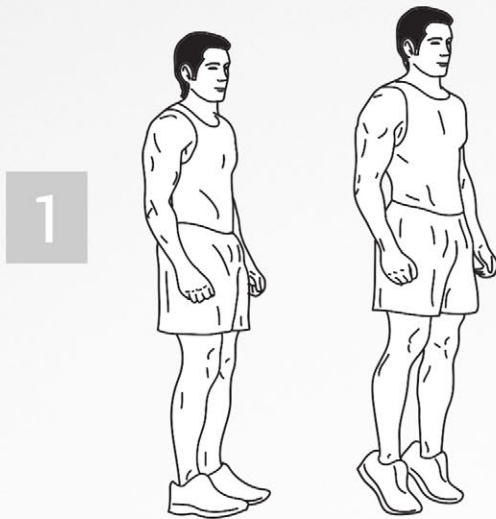
1 pull-ups



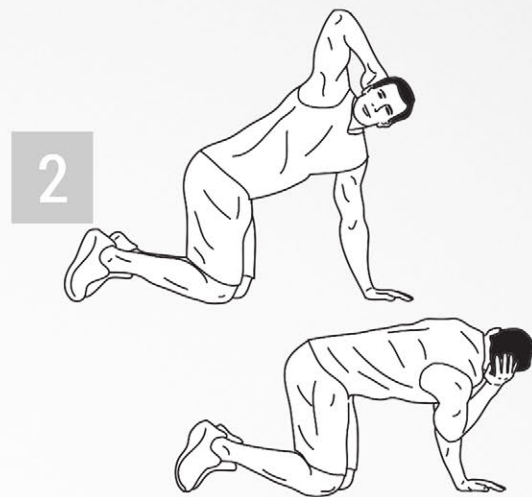
2 hanging knee lifts



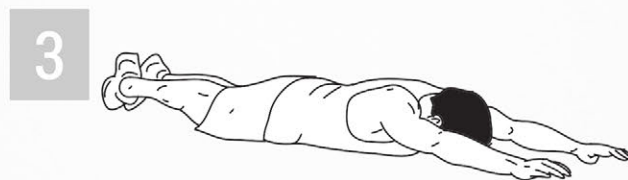
4 sets to failure
rest between sets: up to 2 minutes



20 calf raises

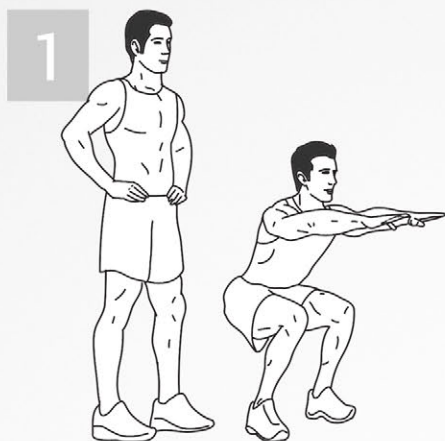


20 back rotations

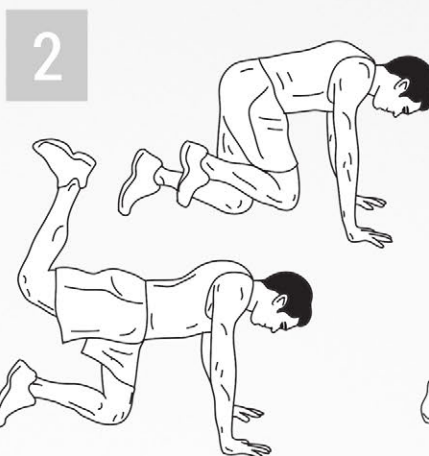


20 supermen

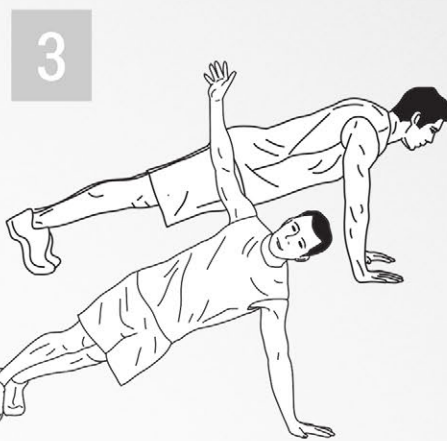
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



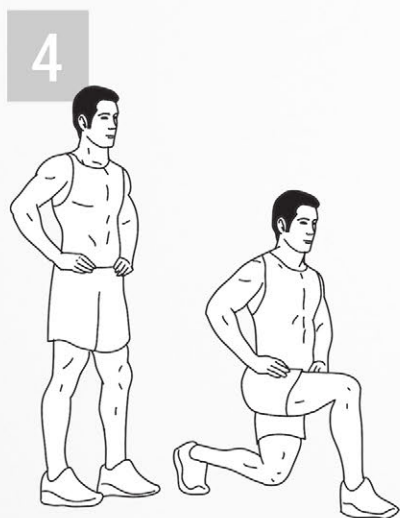
24 squats



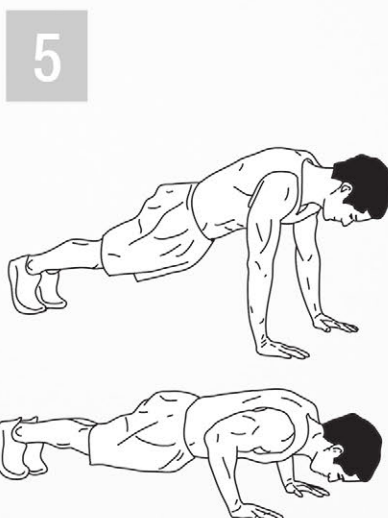
24 donkey kicks



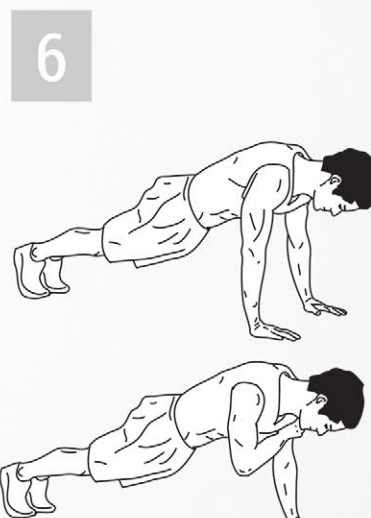
24 planks w/rotations



24 lunges

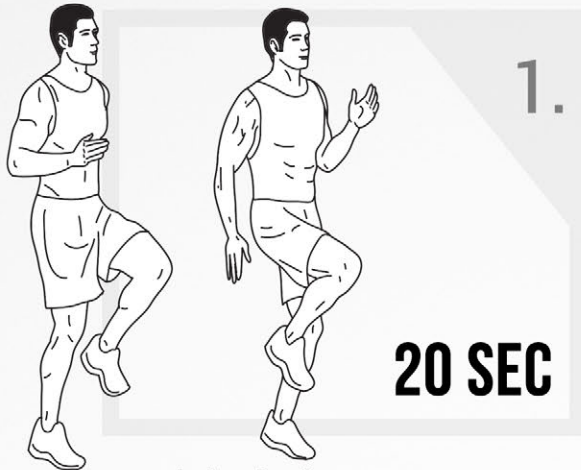


12 push-ups

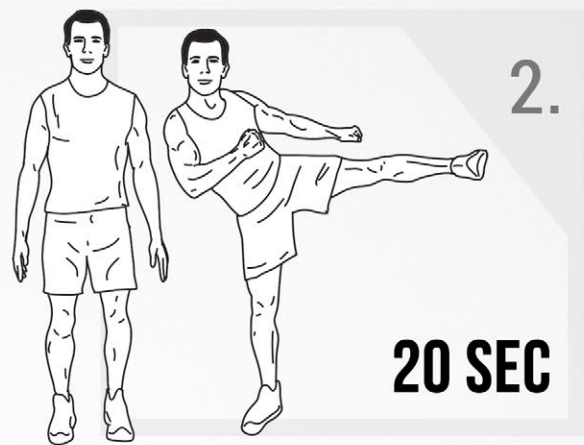


24 shoulder taps

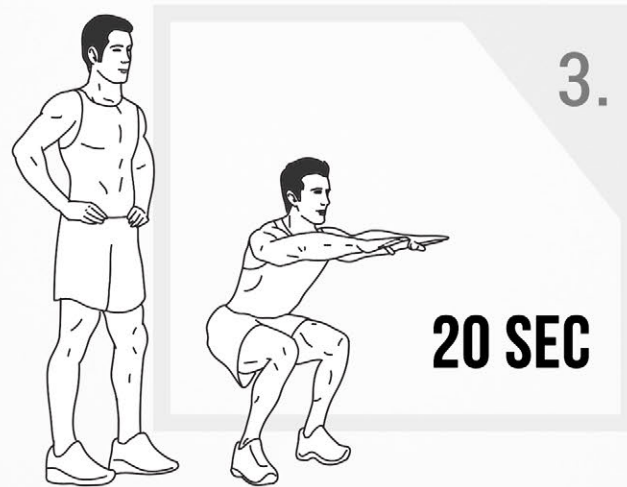
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets
rest between sets: up to 2 minutes



high knees



leg raises

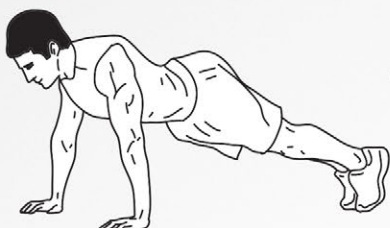


squats

1 minute rest between rounds

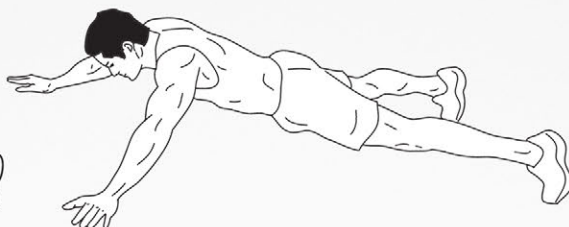
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds

1



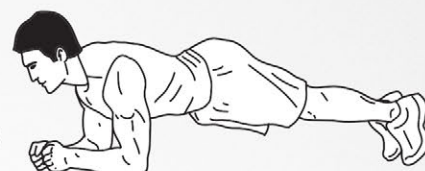
40sec plank

2



20sec star plank

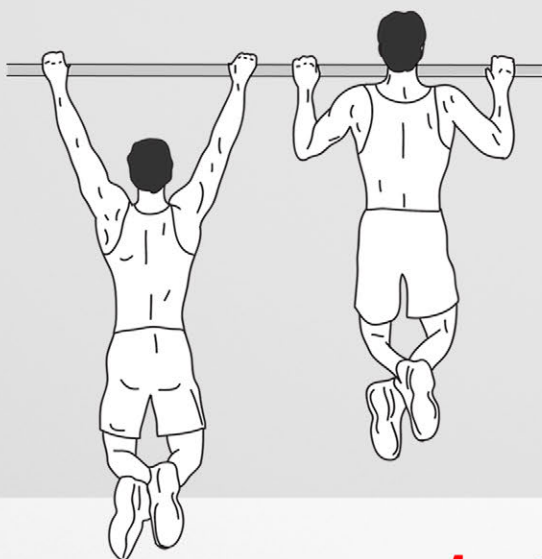
3



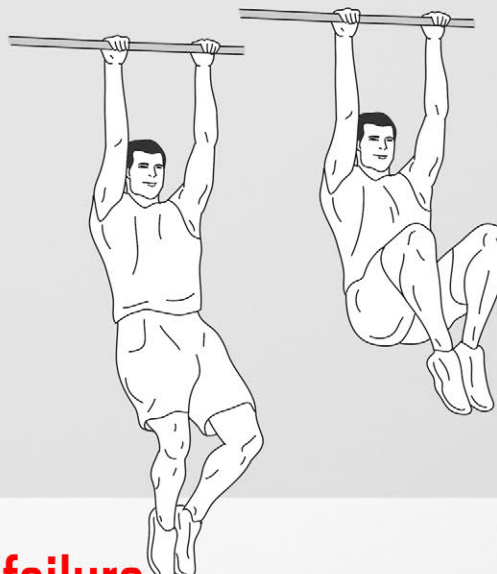
40sec elbow plank

Level I: repeat once **Level II:** repeat 3 times **Level III:** repeat 5 times
rest between sets: up to 2 minutes

1 pull-ups



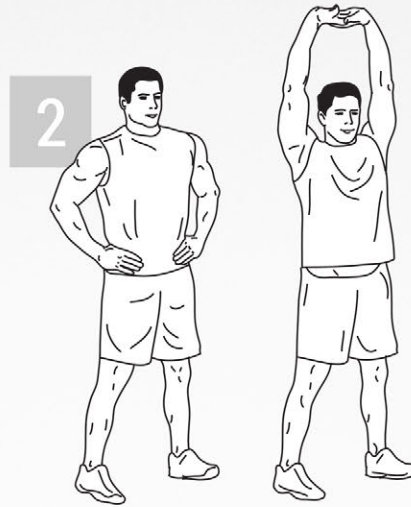
2 hanging knee lifts



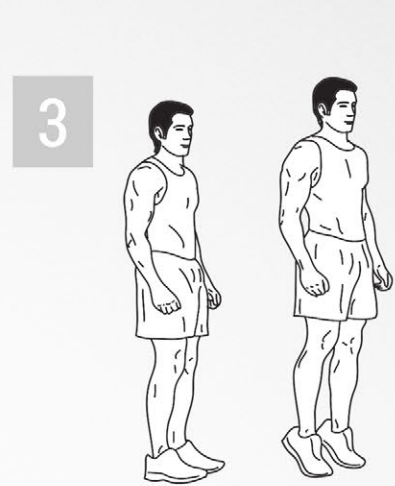
4 sets to failure
rest between sets: up to 2 minutes



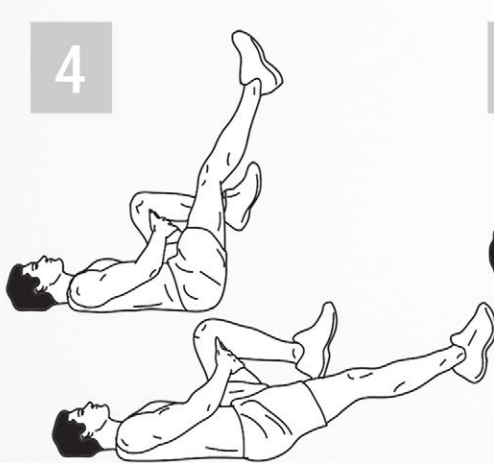
20 knee-to-elbow



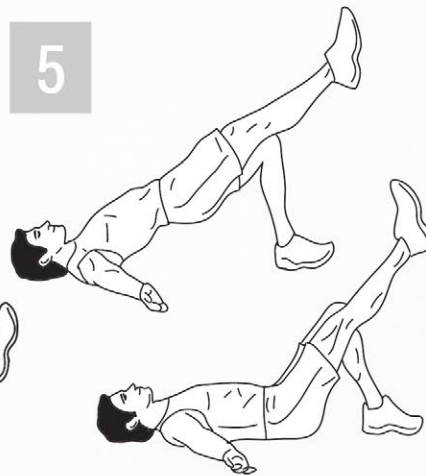
20 shoulder stretches



20 calf raises



20 lowering drills



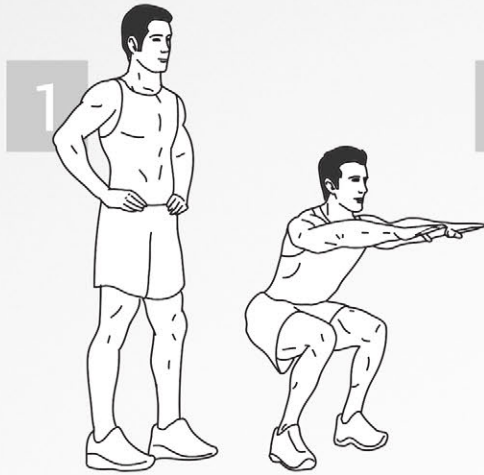
10 raised leg bridges



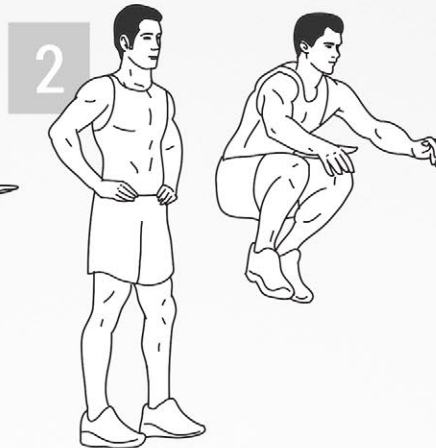
10 heel touches

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

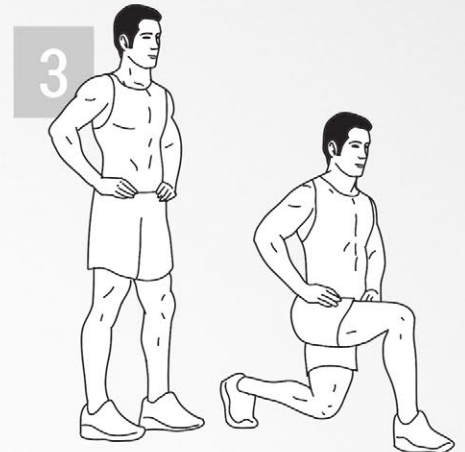
rest between sets: up to 2 minutes



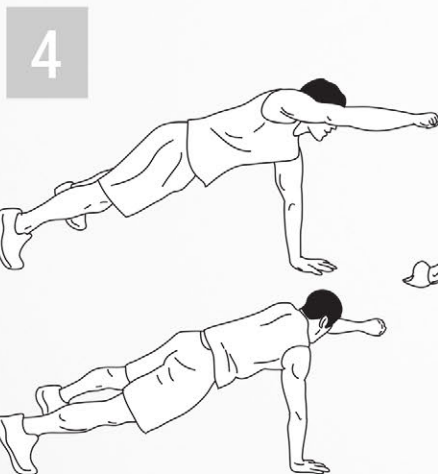
20 squats



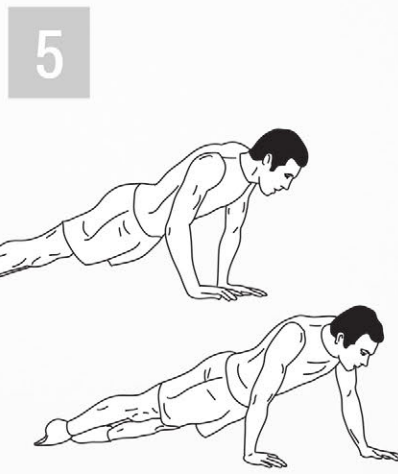
5 jump knee tucks



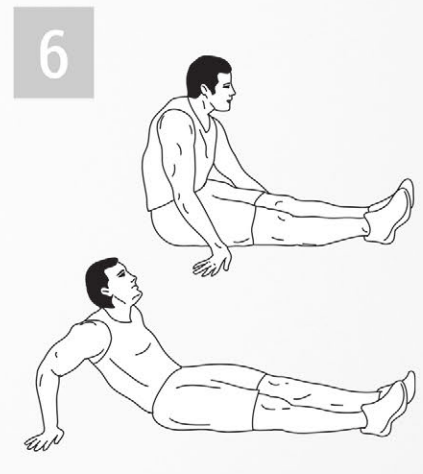
20 lunges



20 plank punches



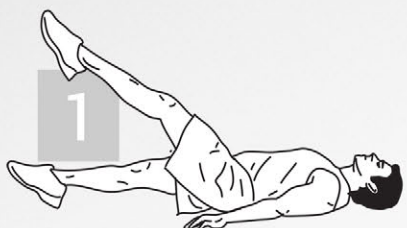
10 alligator drag



10 backward pike drag

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes



60 flutter kicks



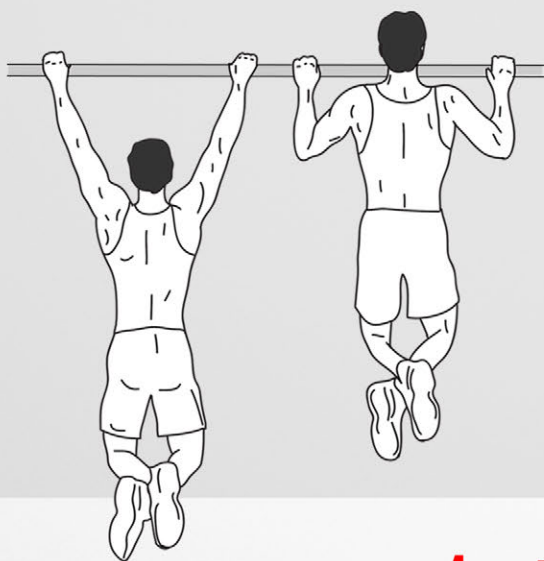
20 sit-ups



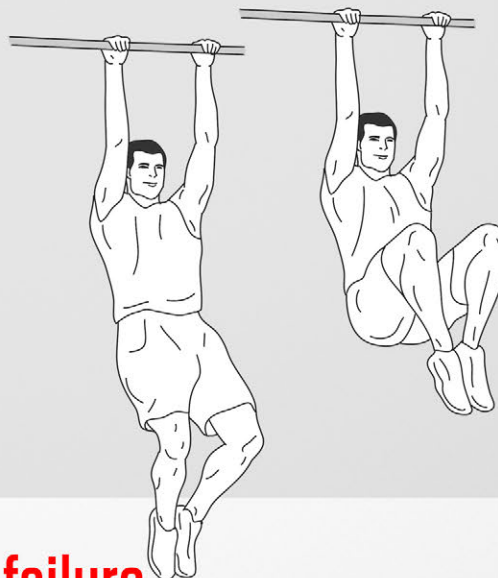
20 sitting twists

Level I: repeat once **Level II:** repeat 3 times **Level III:** repeat 5 times
rest between sets: up to 2 minutes

1 pull-ups



2 hanging knee lifts



4 sets to failure
rest between sets: up to 2 minutes

Support the Project

If you found my work useful and you can afford to make a small donation, please, consider giving back. I keep every program and every single workout I design free and available to anyone who needs it because I believe that this kind of information should be free. I support this project on my own so if you can give back, please do – it'll make a big difference and help keep this project alive.

PayPal donate \$1 and help
to keep this project alive



+ other options

more free workouts and fitness programs at
neilarey.com