MUSCLE & STRENGTH'S 30 DAY WORKOUT PLAN FOR WOMEN  Cases of the day and other works with a standard and the			
Day 1 benche helide	Warm-Up	Morking Set 5 x 15 5 x 10	First (Secs) 30 30
Princer Squal  Browns Lungs (per leg)  Single Leg-Call Stock (per leg)  Floor Chunch	1+10	5 + 10 5 + 10 3 + 10 2 + 15	30 30 Alternate 30
Day 2 Exercise Lying Leg State ye may of Steady-State-Cardio of	Warm-Up	Morking Set 1 + 20 p bilang elipacai, esc.	Rest (Secs)
Day 3 Exercise Interface Interface	Wern-Up	Morking Set	Reit (Ses)
Prisoner Squar Bronze Lungo, sper legi Single-Legi Califolias, sper legi Elsor Comb	1810	3 + 20 3 + 13 3 + 20 2 + 13 2 + 15 2 + 20	30 30 30 30 Alternato 30
Day 4 Exercise Lymp ing State. 20 these of States (and Cardo of	Warring	Morking Set # 420 g bila, elliptical etc.)	Rest (Sect)
Day 5 Exercise Installa Installation	Wern-Up 1 x 10	Morking Set	Rest (Secs) 30 30
Process Squar. Become Lange, Ger legt Single Lang Califorias, Ger legt Elson Caredy	1410	7429 4419 4419 4420	30 30 Altamato 30
Day 6 Exercise Leting Leg State. 20 Wiles of Strong-State Cardio of	Warn-Up	Morking Set 1 x 20 p bits, elliptical caci	Rest (Secs)
Day 7 Exercise Bed day or active rest-any recise	Warm-Up timel activity of	Morking Set Eyour Diston.	Rest (Secs)
Day 8 Exercise Indicationship Dentited Press.	Wern-Up	Morking Set. 5 x 12	Rest (Secs)
Bent Over Durchhell New Section Combined Shoulder Press. Durchhell Lunge (per leg) Durchhell Golder Squat.	1+10	3 e 13 5 e 13 5 e 10 5 e 13	30 30 30 Alternate
Single-Lag Sumbbell Colf State. Decline Brock Strike Day 9	:	2419	Alternate 30
Exercise Hanging Leg Balox. IN Mins of Steady-State-Cardio of	Warre-Up - mace popping	Illiorking Set It s 20 g bilan, willpatcal, each	Rest (Secs)
Day 10: +Weight, Exercise Indicates Daniel Press. Best Over Daniel Rev	Reps West-Up	Morking Set	Rest Secol
Switch Charaktert Shoulder Press.  Durnbbelt Lunge Sperlegt  Durnbbelt Gobles Sourc.  Single-Lag Durnbbelt Call Knice.	1410	2410 2410 2410 2410	30 30 Altamato Altamato
Day 11 Descripe	Warm-Up	3 c 20 Morking Set	30 Rest (Secs)
heaping legibles. In these of Seedy Stee Cardo of Day 12: +Weight,	Reps	it s 20 p biles, elliptical, etc.)	
Indication bundled free, large than bundled free, large than bundled free Secret bundled Shoulder Free.	Warre-Up 1 s tz 1 s tz	Horking Set	Rest (Secs) 30 30 30
Dumbbell Lunge (per log) Dembbell Gobles Sourc Single Leg Dumbbell Call Raise Decline Brock StrUp	1110	218 218 218 468	30 Alternate Alternate 30
Day 13  Exercise  Resping Leg Sales  20 Wiles of Secury State Cardio of	Warn-Up	Marking Set 3 x 30 p.blux.elliptical.esc/	Rest (Sect)
Day 14 Exercise Bet day or active rest - any socies	Warn-Up		Rest (Secs)
Day 15	tional activity o	f your chaice.	Date Karel
Indice Break Durabled By Bullstip Wide Grip Public or Publishers	1+12	2+12-13 2+13-28 2+12-13	45 45 45
Best Over Durabled New Durabled Side Lateral Naive Durabled Spright New Brooks Cranto.	1410	2412-15 2412-15 2412-15 2420	45 45 45
Day 16 Exercise Danished Card Parallel Ser Dip or Prinsidens.	Warre-Up 1 x 12 1 x 10	Horking Set 2412-15 2412-15	Rest (Secs) 41 45
Badel Reb Squat. Dentited SSE Seg Deadle) Secret Califolia. Secret CASO	2412	2412-13 2412-13 2412-15 2420	45 45 30 30
Day 17 Exercise 31 Hins Interval Sociolox sprints. 6	Warre-Up the, or other fa	Morking Set.	Rest (Secs)
d Illes Marre Up 6 Internals of 36 Secs of High Inte 4 Illes Cool Olives		a of Low Internity	
Day 18: +Weight, Concine Indica Brack Durabbell By India Up		Hiorking Set 5 x 10 - 12 5 x 15 - 25	Rest (Secs) 45 45
Note Gras Pali-Sp. or Publishers Bont Over Dumbbell Flore Dumbbell Side Lateral Naise, Dambbell Upright New	1+10	5×10-12 5×10-12 5×10-12 5×10-12 5×20	45 45 45 45 30
Day 19: +Weight, -	Reps	Morking Set	Pint (Secs)
Reside Ser Dip or Francisco. Serbell Seck Squar. Dumbbell Self Les Goodin	2412	3×10-12 3×10-12 3×10-12 3×10-12	45 45 45 45
Sector Get Rate. Sector Vision	1+12	5×10-12 5×10-12 5×10-12 5×20	30 30
Day 20  Exercise  Iff they have discusses opinion, it is their have discusses opinion, it is their have discussed of their hade differential of IRS facts of heigh hade differential of IRS facts of heigh hade differential	Warm-Up she, or other fa- netly and 2 Min	Marking Set worte made.	First (Secs)
Day 21 Exercise Bed day or active end - any endow	Warn-Up timal activity o	Marking Set	Rest (Secs)
Day 22	Wayn Ch		Rest (Secs)
Exercise  Did Brook Durabled Press  Indian Break Durabled Press  Bres Chair Railed Roy  Mexico Chair Railed Roy  Mexico Chair Railed Roy  Middown	1411	Morking Set 1×8-12 1×8-12 1×8-12 1×8-12 1×8-12	60 60 60
huldown Sexted Charlifed Shasider Press. Danibled Straig Declare Straig	1411	118-12 118-12 118-12	60 60 30
Day 23 Exercise Indice Breach OverMed Card	Warn-Up 1+12 1+10 2+12	Morking Set.	Rest (Secs) 60
Cone-Sing-holt-Sig. Backell Foot Signal. Backell Rossonian Conditit Standing Cell Raise. 3-Way StrUp	2412 	141-12 141-12 141-12 141-12 1420	60 60 30 30
Day 24 Exercise 2) Him Interval Sension sprints, I	Warn-Up the or other fa		Rest (Secs)
d Blies Marridge -12 Intervals of 30 Secs of High Int -0 Blies Cool Cours	ensity and I M	n of Com Intercity	
Day 25: +Weight, - Donote  The Bench Dumbbell from  Indica Bench Dumbbell from		Morking Set 316-18 316-18 316-18	First (Secs) 60 60
Bent Dise Betref Box Nazini Gris Publique Publicati Souted Dumbbel Shoulder Press Diseabled Shoul Diseabled Shoul	1+12	3 x 10 x 1	60 60 60 80
Day 26: +Weight,	Reps Warn-Up	Marking Set	First (Secs)
Cone-Signification  Backell Front Square  Backell Servanian Desalth  Manufag Call Spice	1+12 1+10 2+12 -	3x6-18 3x6-18 3x6-18 3x6-18 3x6-18 3x6-18	60 60 60 30
Day 27	Wern-Up	24 20 Marking Set	so Rest (Secs)
-2 Mars Marri Up -12 Intervals of 30 Secs of High Inte d Mars Cool Chave	also, or other far ensity and 1 M	n of Law Intensity	
Day 28  Donctor  Best day or active rest-any socres	Warm-Up tional activity o	Marking Set If your choice.	Rest (Sect)
Day 29  Exercise 2) Him Interval Session sprints I	Warm-Up site, or other for	Marking Set wife mode	Rest (Sect)
d the there is 12 here's of 15	Day or I i	ghtweight-f	Only Worknut
Exercise Positio Invested Env Proceer Squal	West-Up 1±10 1±10 1±10	2 / 3 x 15	First (Secs) 30 30 30
Bodoweight Lunge (per leg) Single Leg Call Steps (per leg)		2-8x15 2-8x18 2-8x18 8x19	30 Alternate 30