



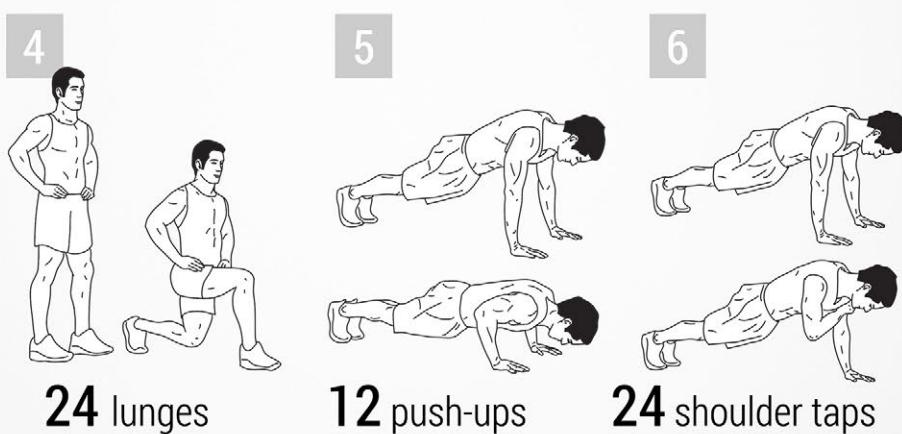
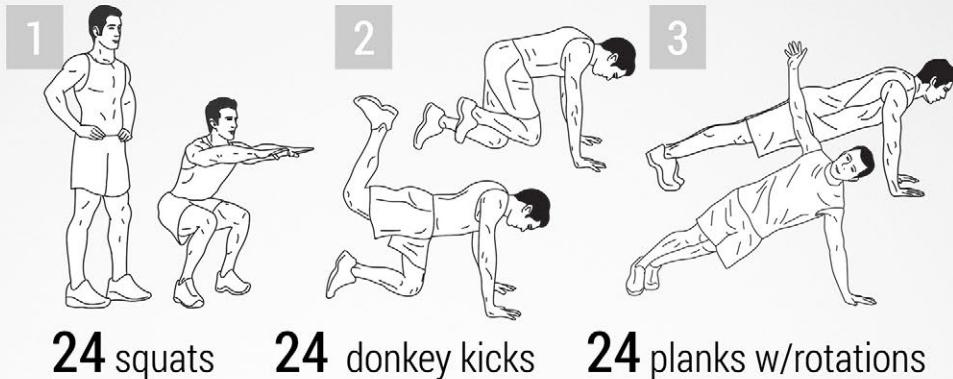
30 day power up

Neila Rey

#30daypowerup

MANUAL

30 Day Power Up



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)

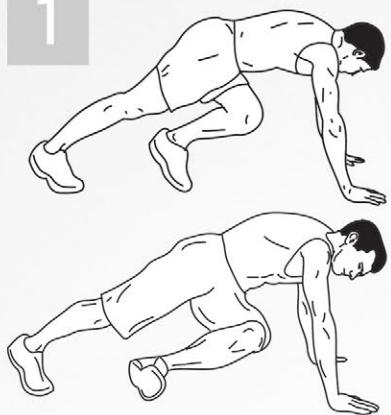
rest between sets

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

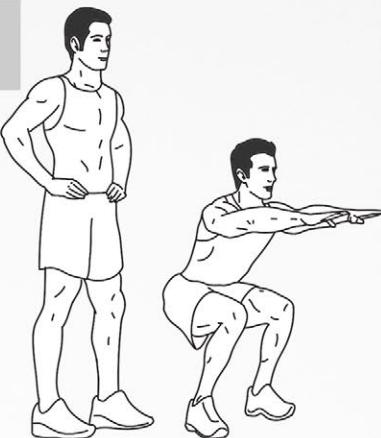
30 Day Power Up / Day 1

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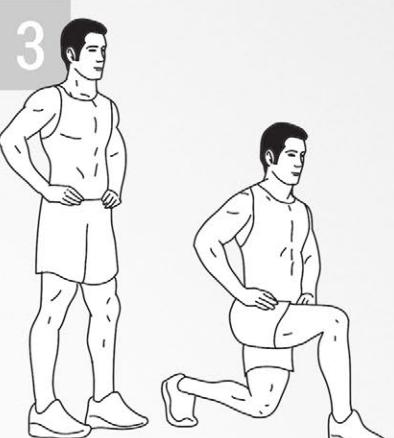
1



2



3



20 slow cross climbers

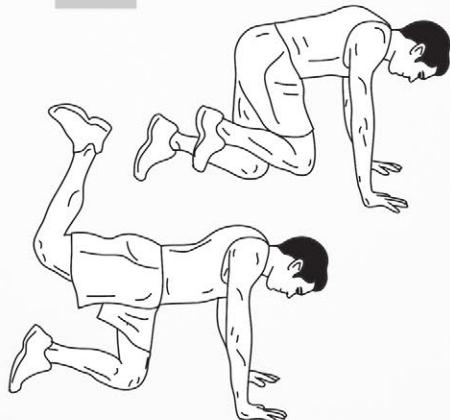
20 squats

20 lunges

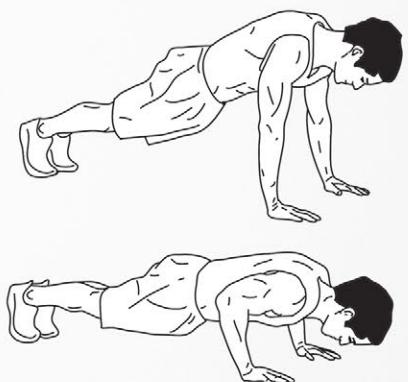
4



5



6



20 planks w/rotations

20 donkey kicks

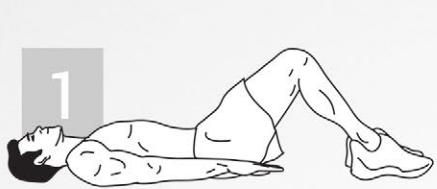
12 push-ups

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

rest between sets: up to 2 minutes

30 Day Power Up / Day 2

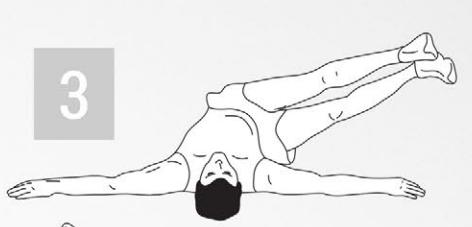
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1



2



3

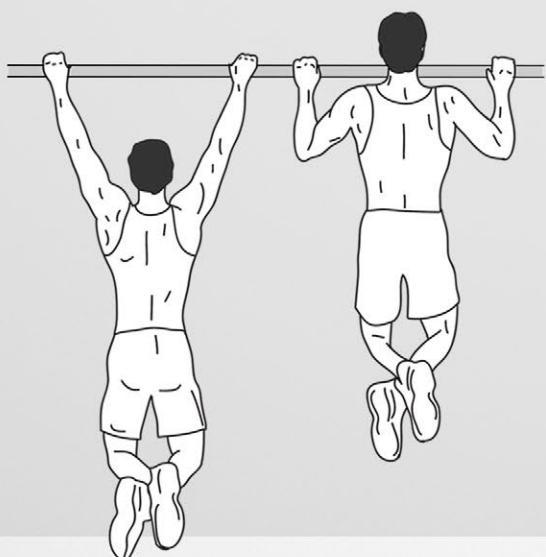
10 sit-ups

10 flutter kicks

10 windshield wipers

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

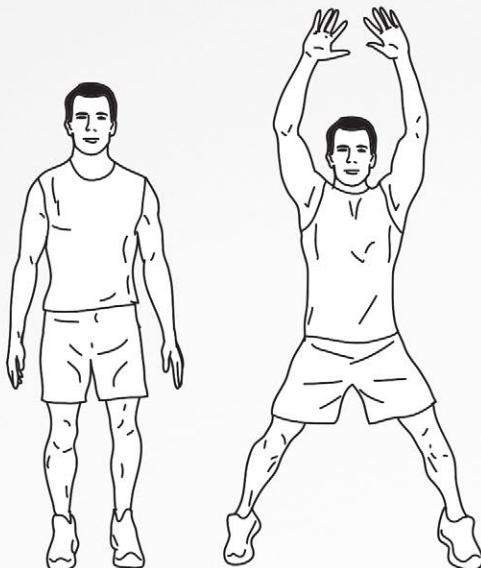
rest between sets: up to 2 minutes



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

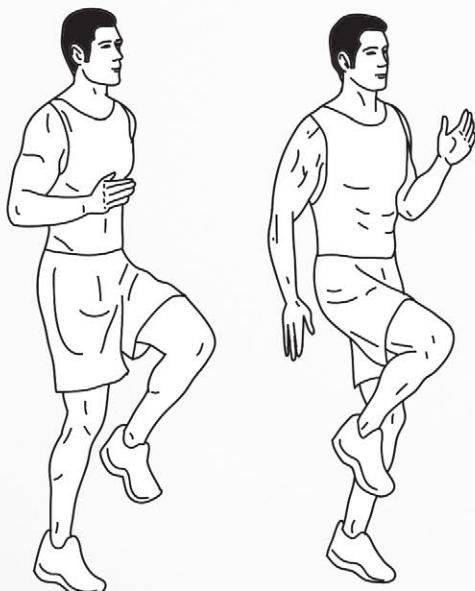
10 jumping jacks

floor tap

20 high knees

floor tap

rest



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

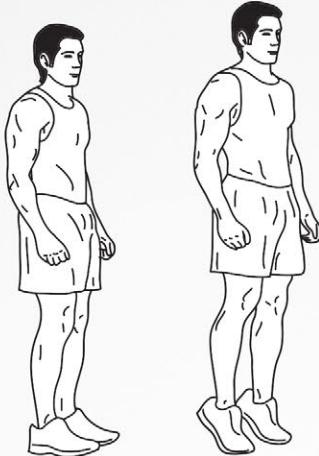
rest between sets: up to 2 minutes

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

30 Day Power Up / Day 4

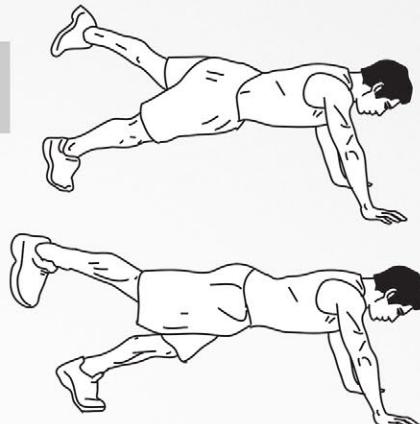
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1



20 calf raises

2



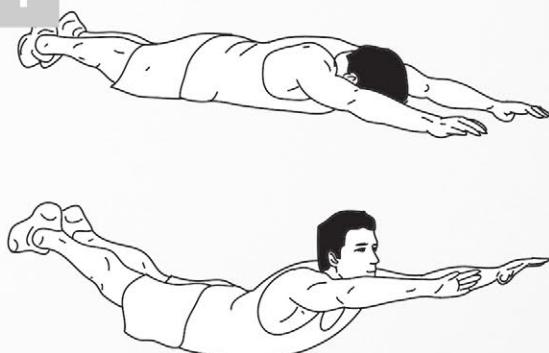
20 plank leg raises

3



20 back rotations

4



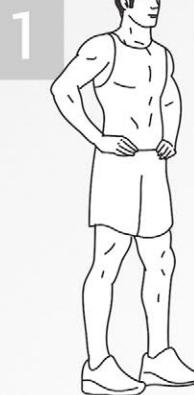
10 supermen

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

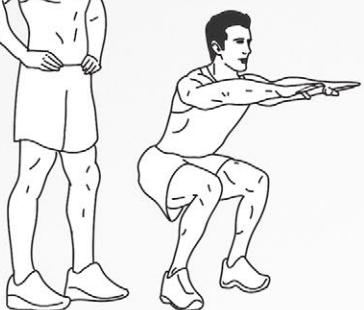
rest between sets: up to 2 minutes

30 Day Power Up / Day 5

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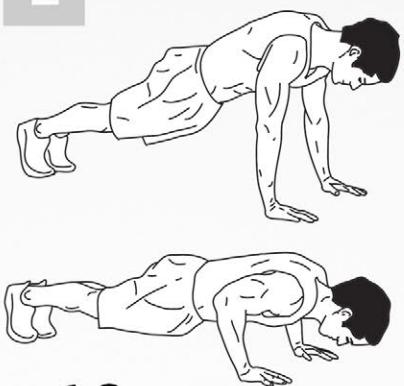


1

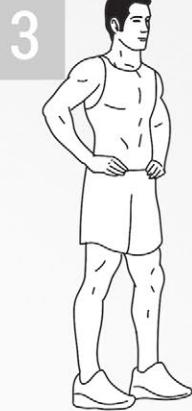


20 squats

2



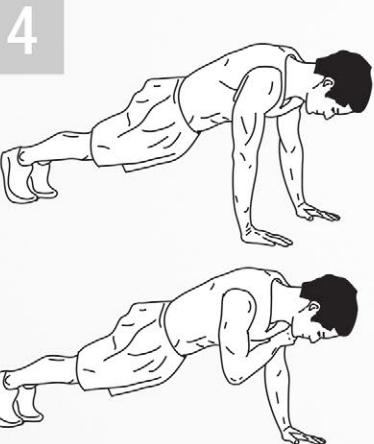
12 push-ups



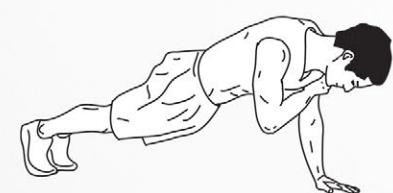
3



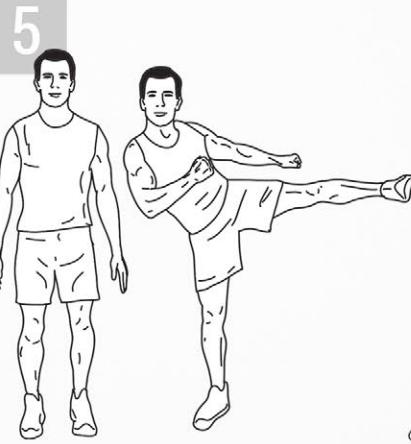
20 lunges



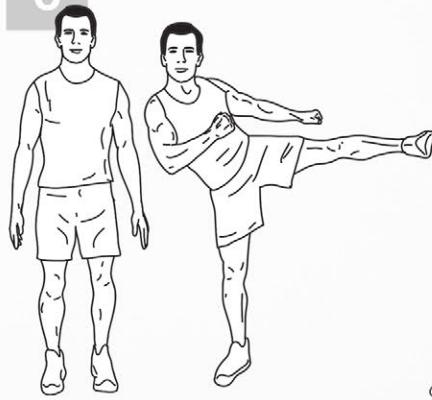
4



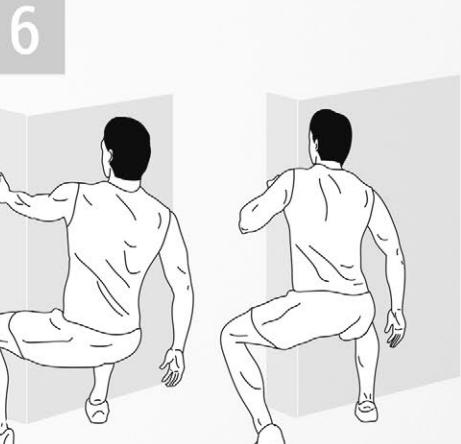
20 shoulder taps



5



20 leg raises



6



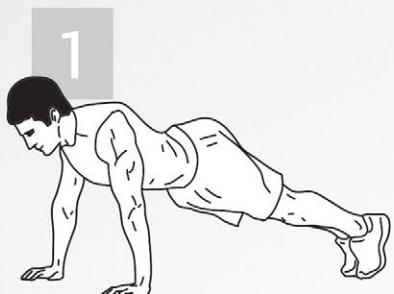
20 doorframe rows

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

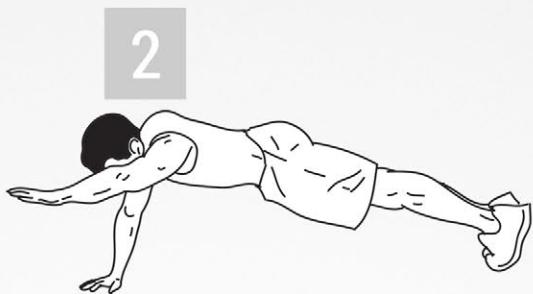
rest between sets: up to 2 minutes

30 Day Power Up / Day 6

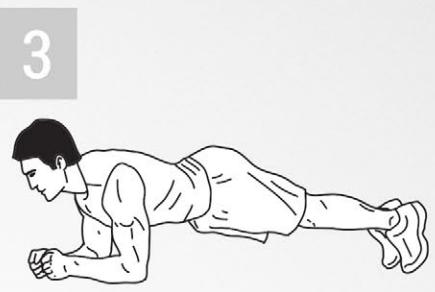
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30sec plank



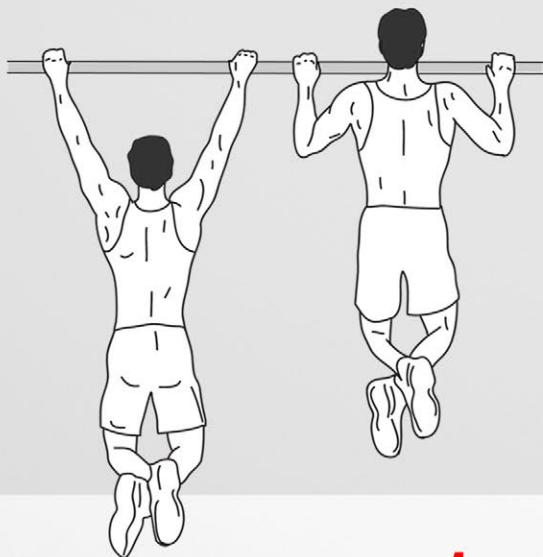
30sec raised arm plank
[15sec each arm]



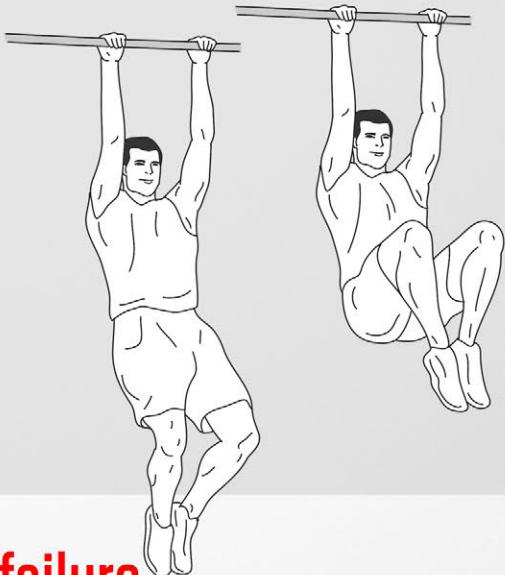
30sec elbow plank

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

30 Day Power Up / Day 7

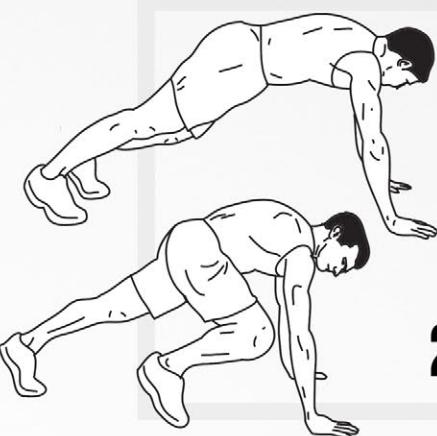
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1.

20 SEC

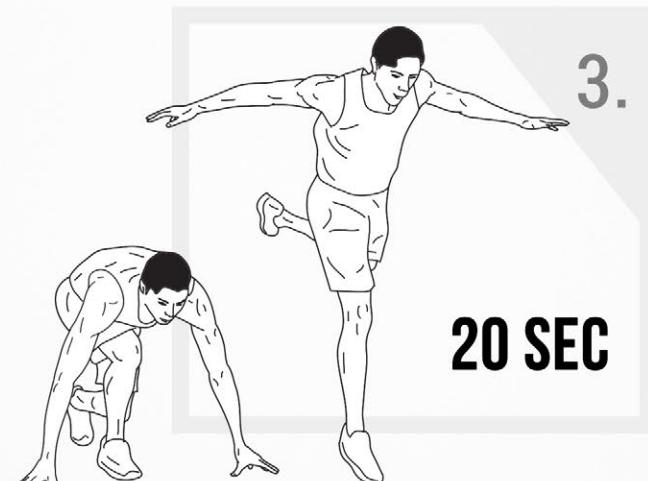
high knees



2.

20 SEC

climbers



3.

20 SEC

fly steps

1 minute rest between rounds

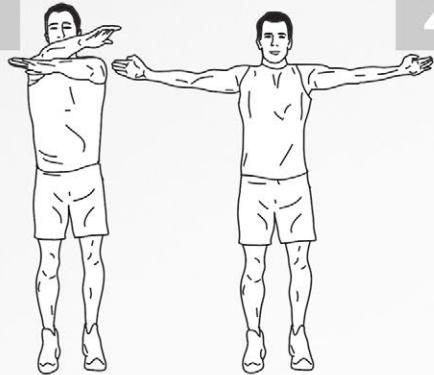
Level I 5 rounds Level II 10 rounds Level III 15 rounds

fly steps how-to: goo.gl/bW99Fz

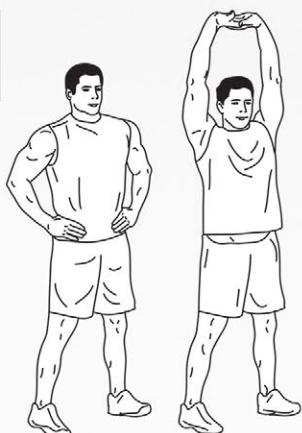
30 Day Power Up / Day 8

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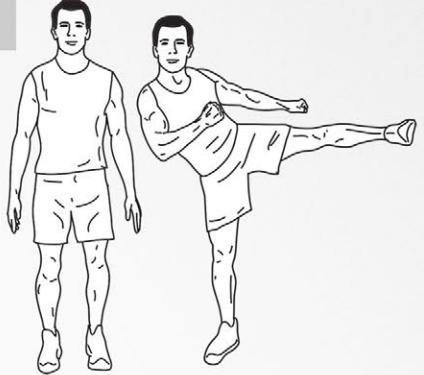
1



2



3

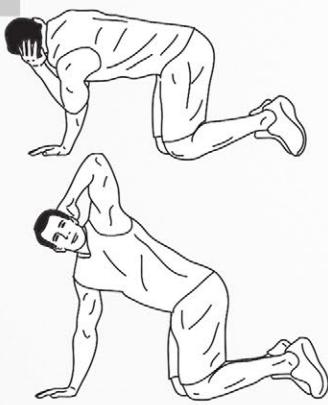


20 chest expansions

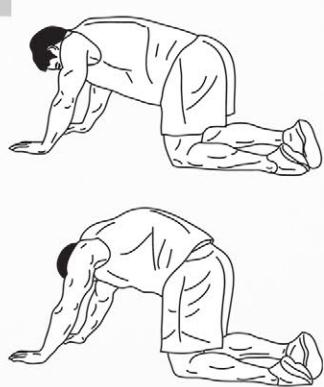
20 shoulder stretches

20 side leg raises

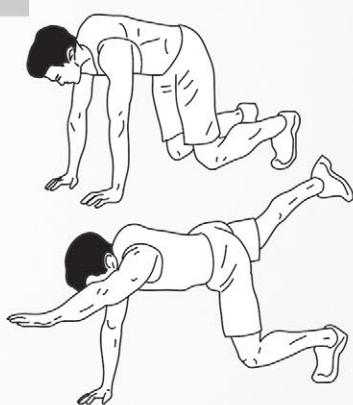
4



5



6



20 back rotations

10 back arches

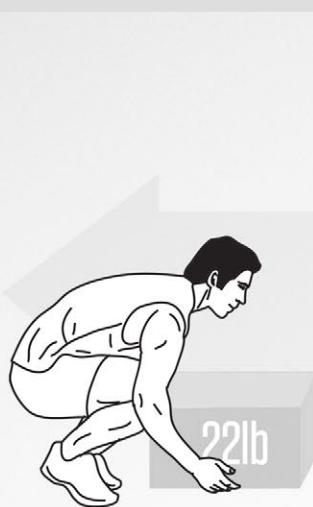
10 cat stretches

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

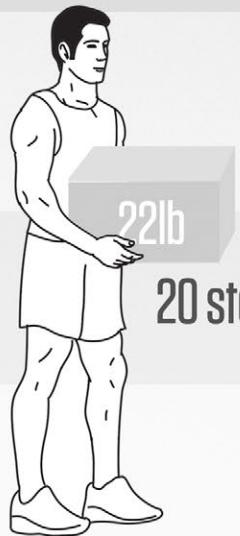
rest between sets: up to 2 minutes

30 Day Power Up / Day 9

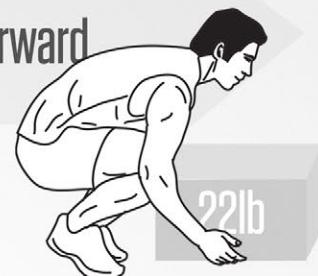
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20 steps back

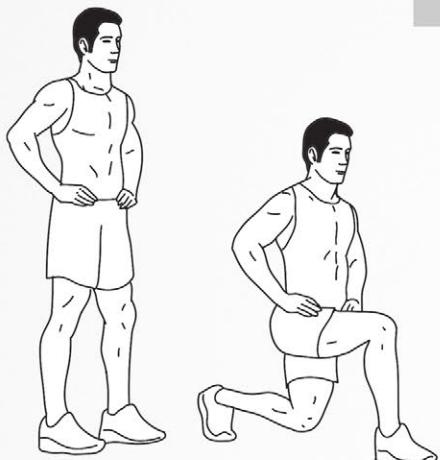


20 steps forward

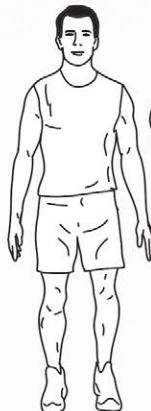


1

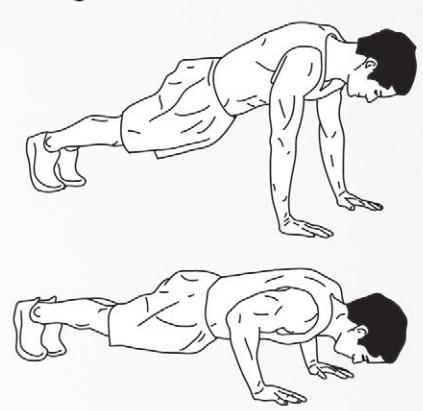
20 squat, lift, walk & repeat
box weight min 22lb [10kg]



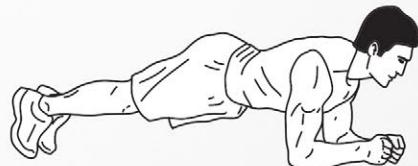
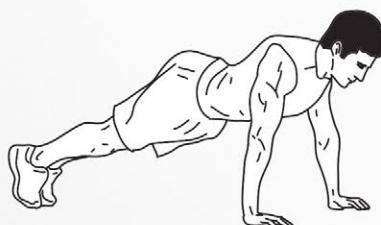
20 lunges



20 leg raises



12 push-ups



10 up & down plank

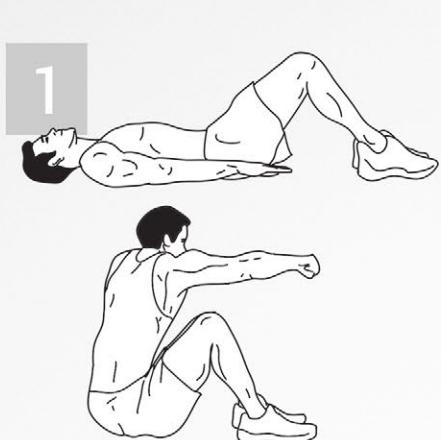
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes

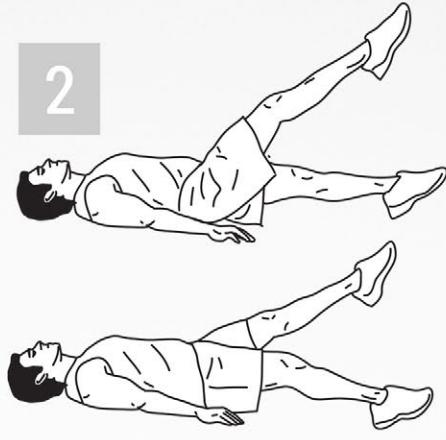
tip: use laundry basket filled with books or sandbag for N1

30 Day Power Up / Day 10

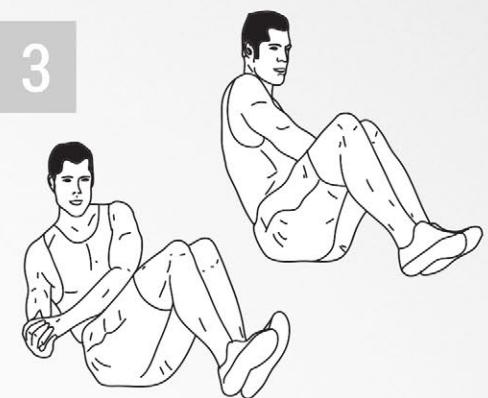
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20 sit-up punches



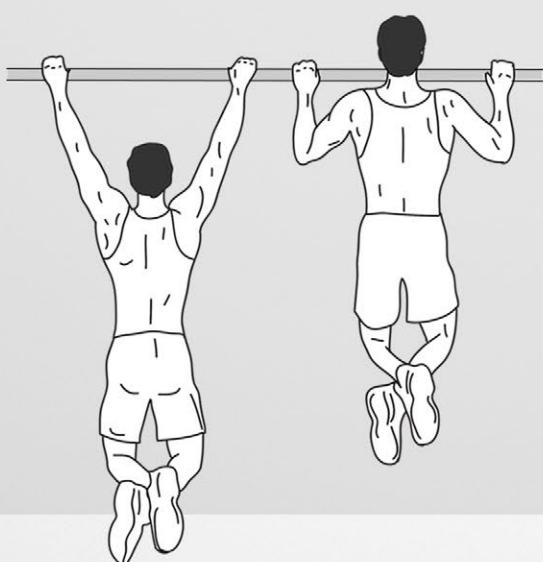
20 flutter kicks



20 sitting twists

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

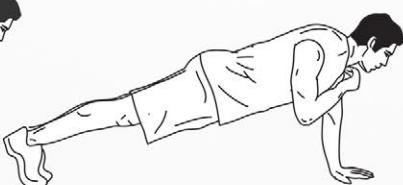
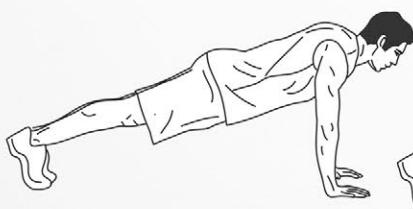
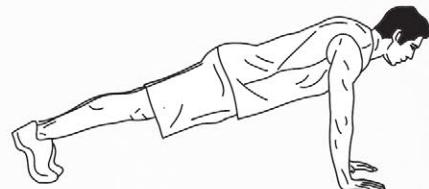
rest between sets: up to 2 minutes



pull-ups

4 sets to failure
rest between sets
up to 2 minutes

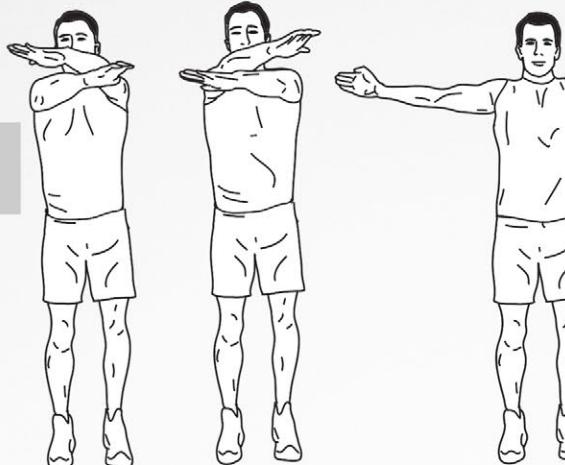
one round
60
SECONDS



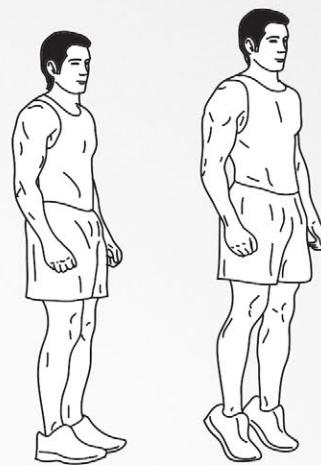
Level I: 5 rounds **Level II:** 10 rounds **Level III:** 15 rounds
60 seconds rest between rounds

30 Day Power Up / Day 12

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1

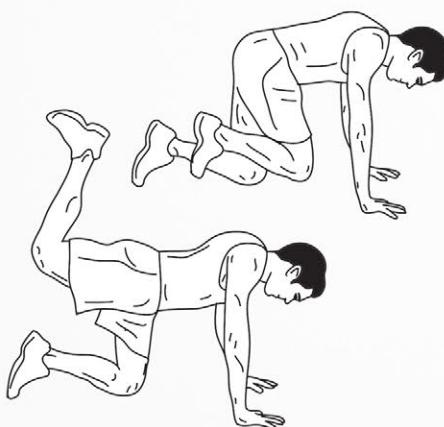


2

20 criss cross chest expansions

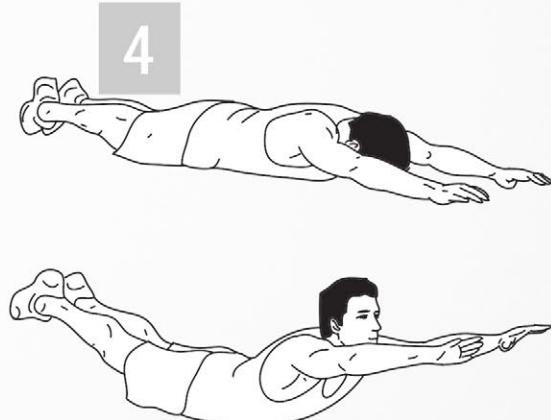
20 calf raises

3



20 donkey kicks

4



10 supermen

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

rest between sets: up to 2 minutes

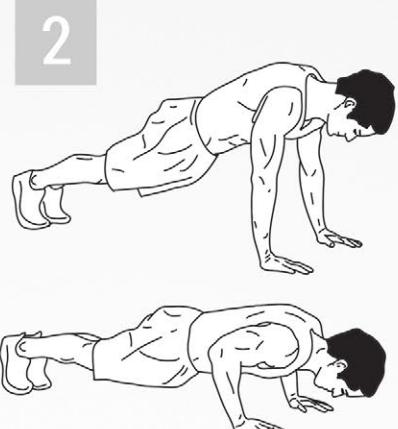
30 Day Power Up / Day 13

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1

20 squats



2

12 push-ups



3

20 floor taps



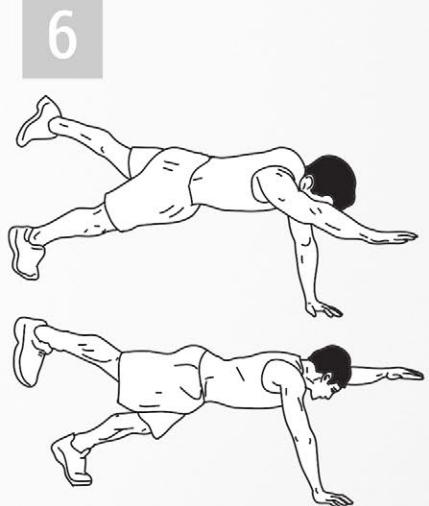
4

20 planks w/rotations



5

20 lunges



6

20 plank arm/leg raises

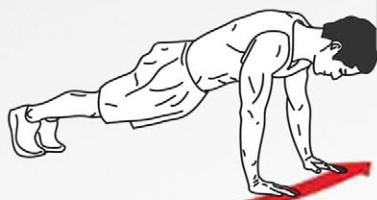
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes

30 Day Power Up / Day 14

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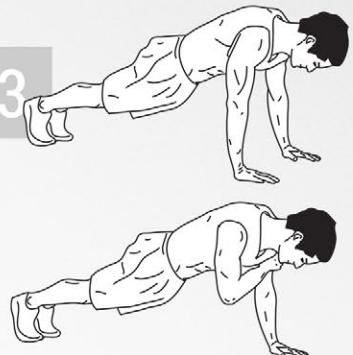
1



2



3



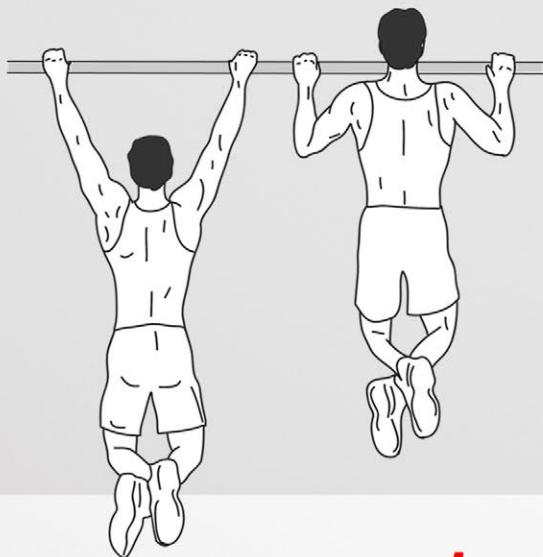
4 moving plank (90 °)

20 slow cross climbers

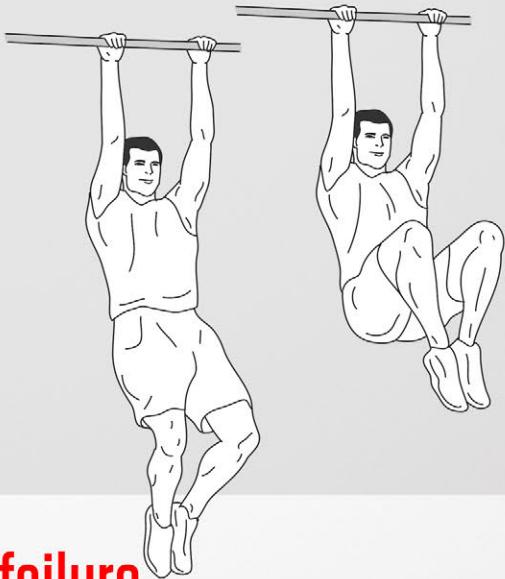
10 shoulder taps

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

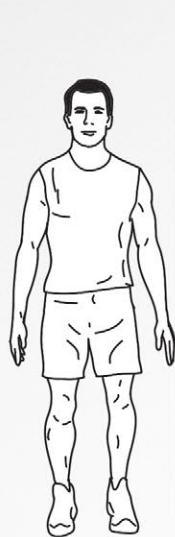


4 sets to failure

rest between sets: up to 2 minutes

30 Day Power Up / Day 15

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1.

20 SEC

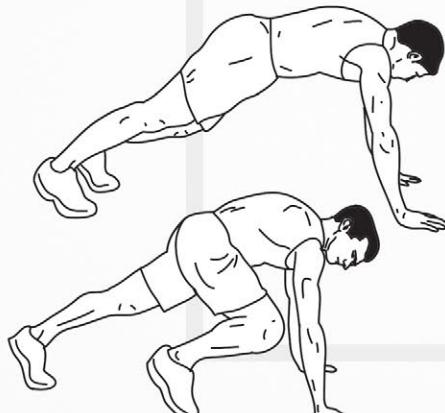
jumping jacks



2.

20 SEC

squats



3.

20 SEC

climbers

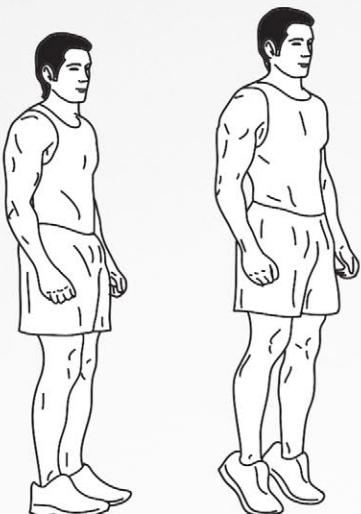
1 minute rest between rounds

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

30 Day Power Up / Day 16

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1



20 calf raises

2

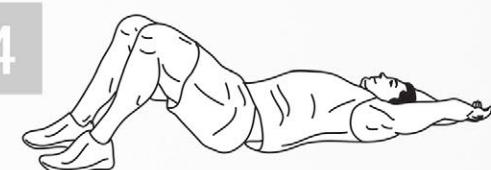


20 back rotations

3



4



10 supermen

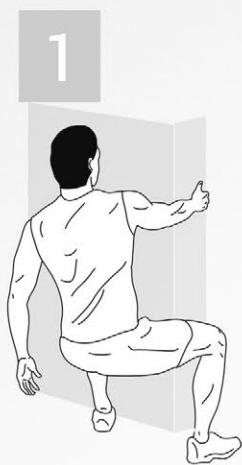
10 bridges

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

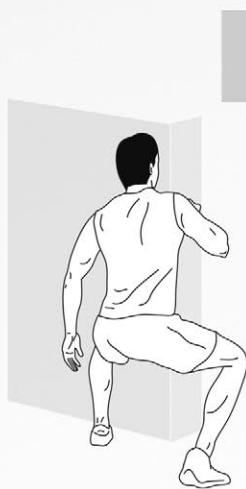
rest between sets: up to 2 minutes

30 Day Power Up / Day 17

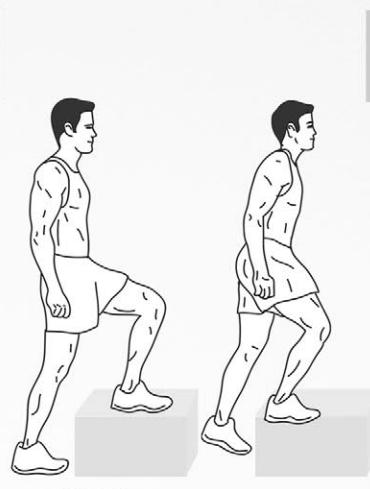
© neilarey.com



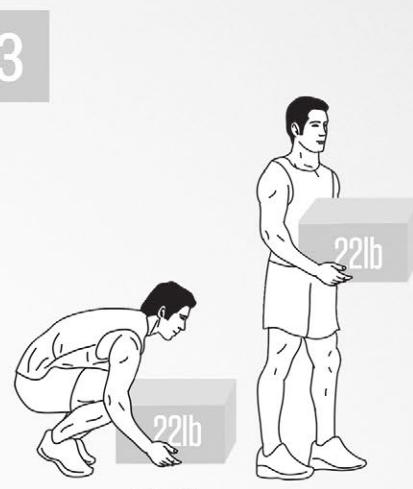
1



2



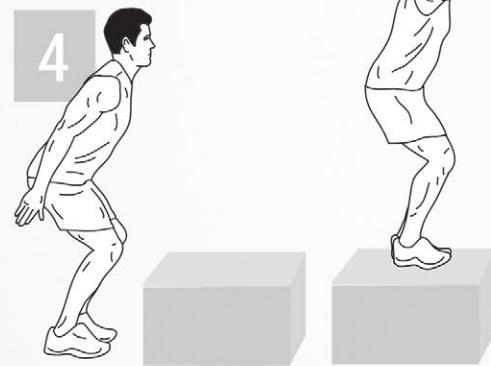
3



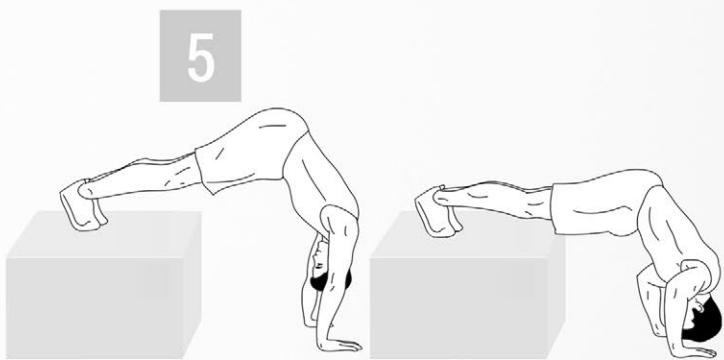
20 doorframe rows

20 box step-ups

20 box lifts



4



5

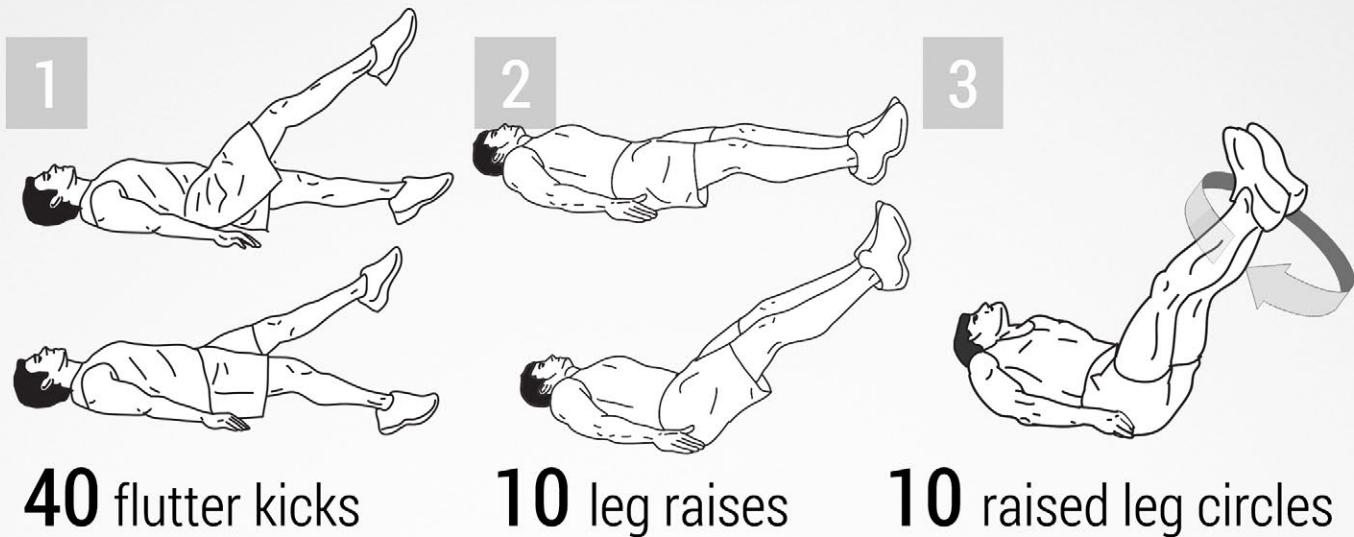
20 box jumps

20 shoulder pike presses

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

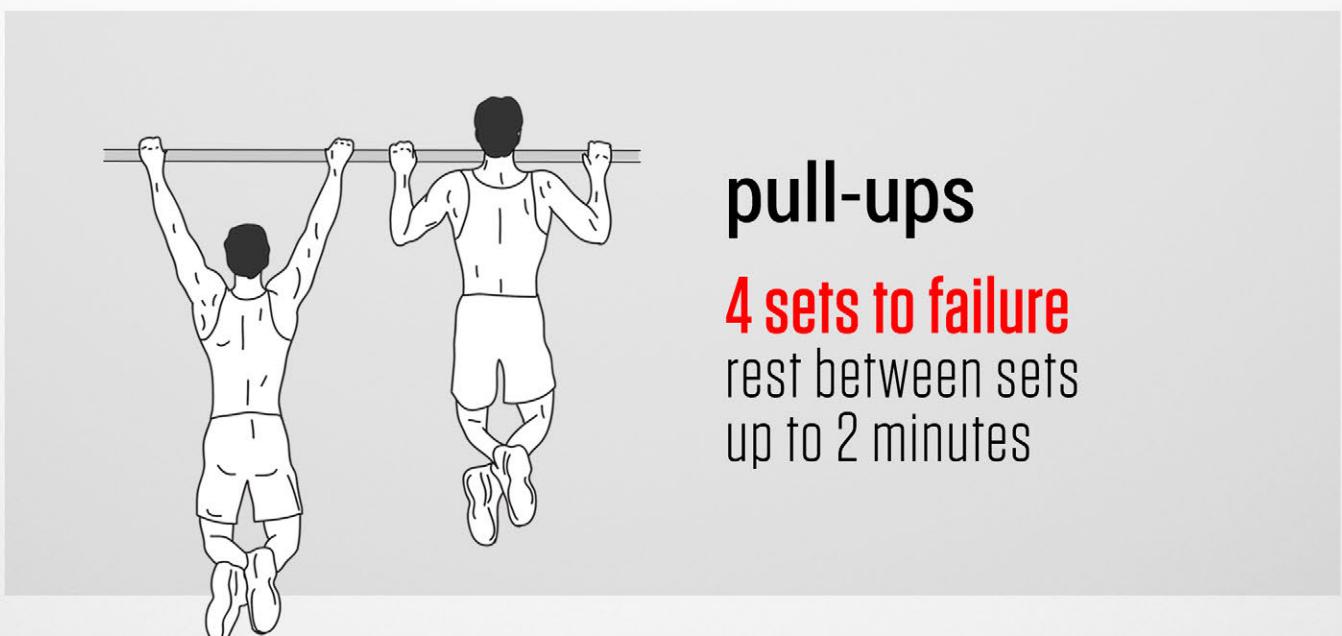
rest between sets: up to 2 minutes

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

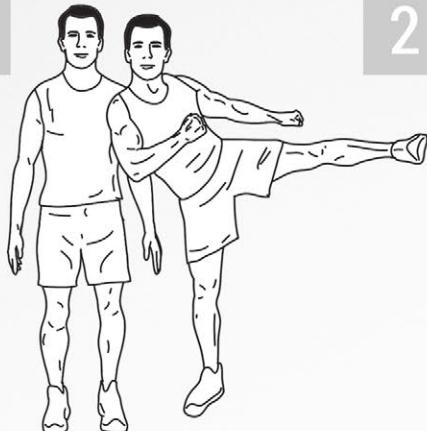
rest between sets: up to 2 minutes



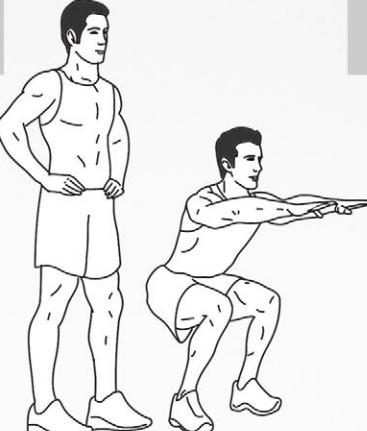
30 Day Power Up / Day 19

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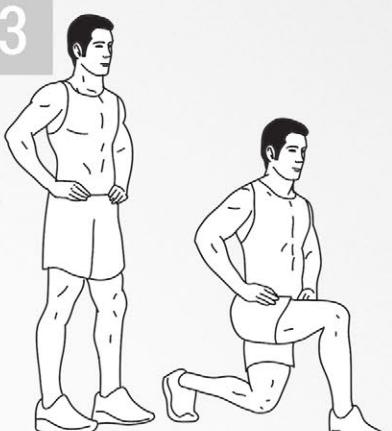
1



2



3

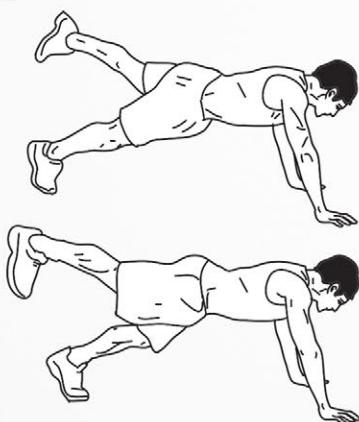


40 leg raises

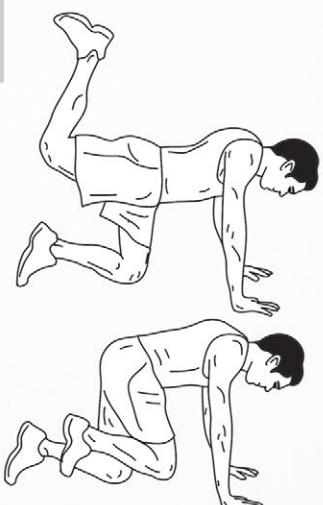
20 squats

20 lunges

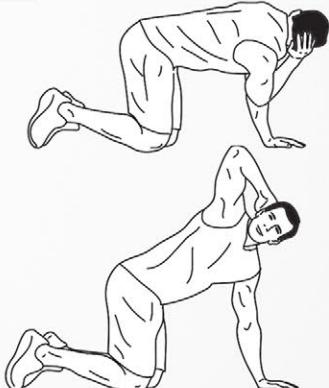
4



5



6



10 plank leg raises

20 donkey kicks

20 back rotations

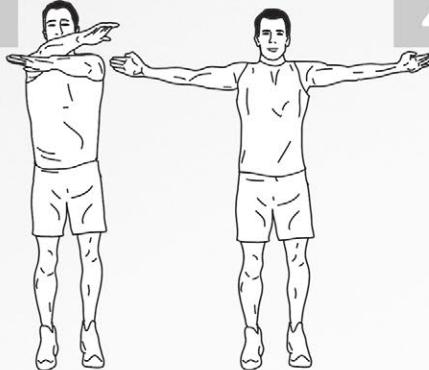
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

rest between sets: up to 2 minutes

30 Day Power Up / Day 20

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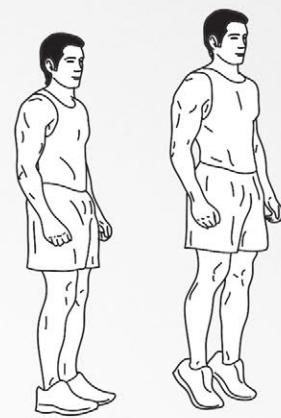
1



2



3

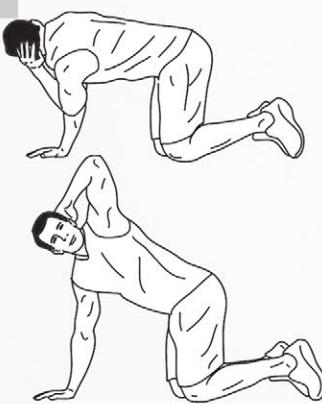


20 chest expansions

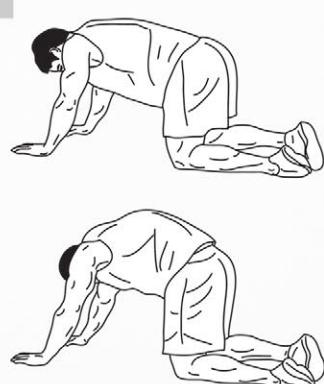
20 shoulder stretches

20 calf raises

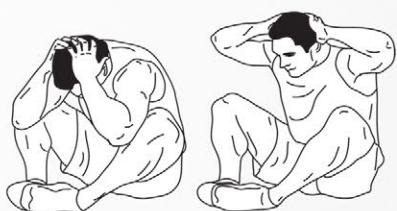
4



5



6



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

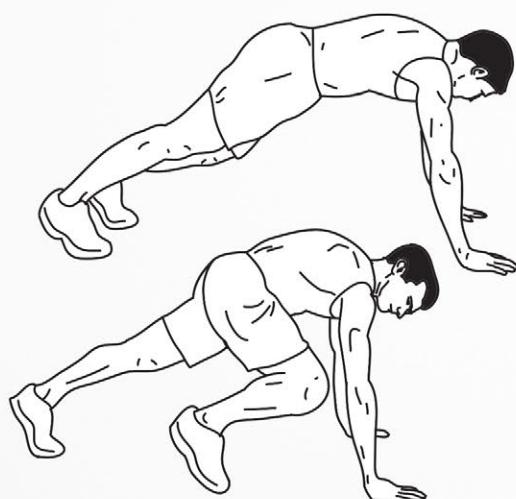
10 high knees

floor tap

20 climbers

floor tap

rest



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

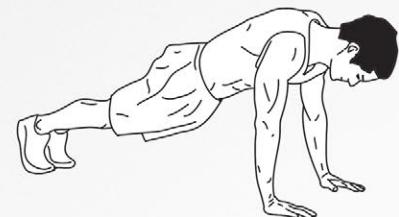
rest between sets: up to 2 minutes

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

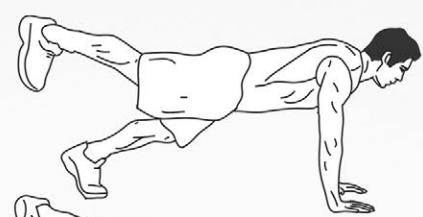
30 Day Power Up / Day 22

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1



2



3

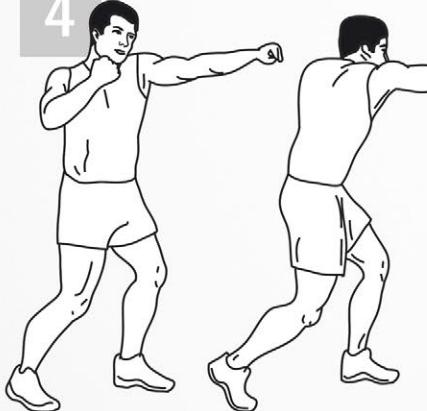


6 push-ups

4 raised leg push-ups

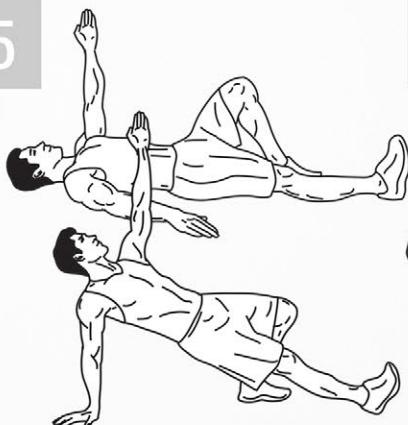
4 wide grip push-ups

4



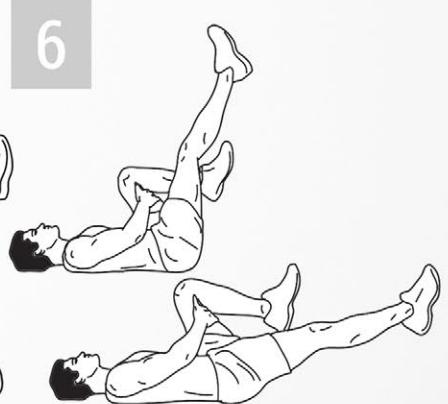
40 slow punches

5



10 get-ups

6



10 lowering drills

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

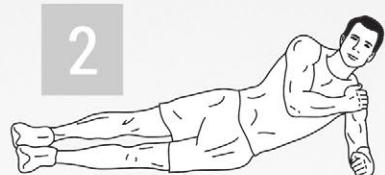
rest between sets: up to 2 minutes

30 Day Power Up / Day 23

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1



2



3



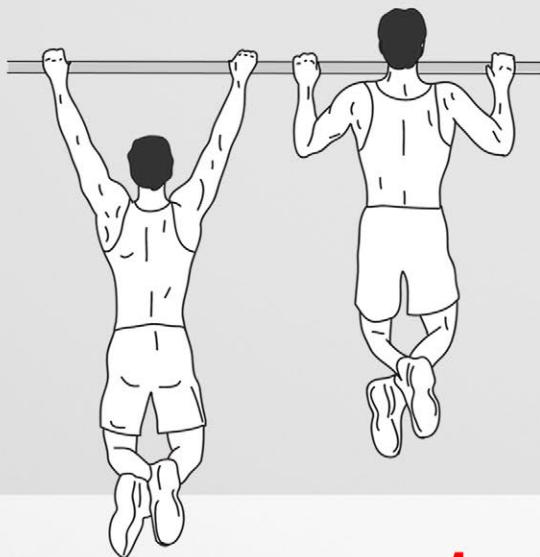
40 flutter kicks

20 side plank raises

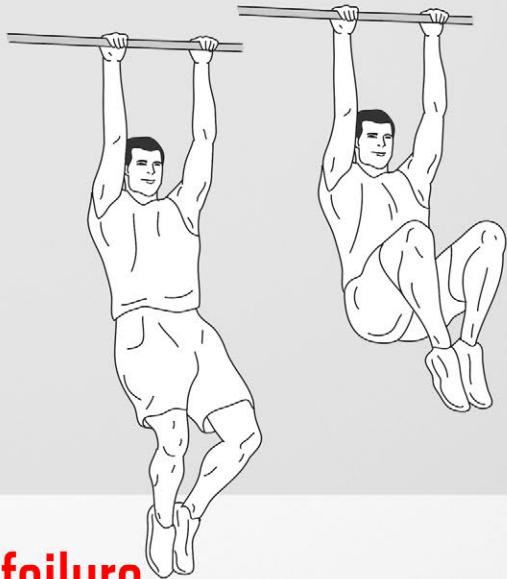
20 planks w/rotations

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

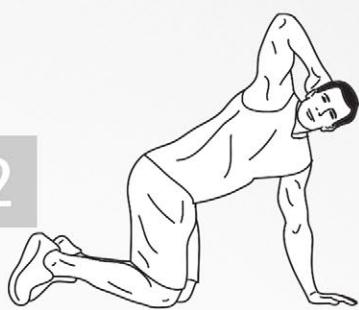
rest between sets: up to 2 minutes



1



2



20 calf raises

20 back rotations

3



20 supermen

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

rest between sets: up to 2 minutes

30 Day Power Up / Day 25

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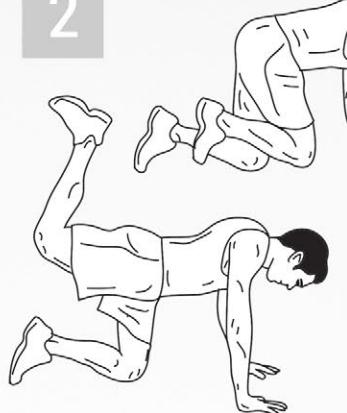
1



24 squats



2



24 donkey kicks



3



24 planks w/rotations

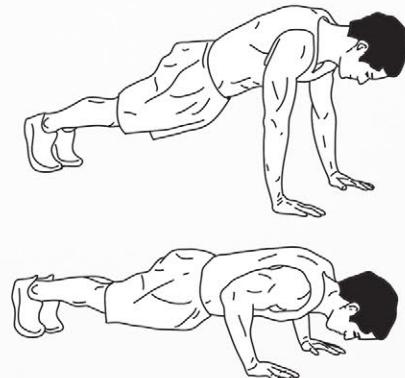


4

24 lunges



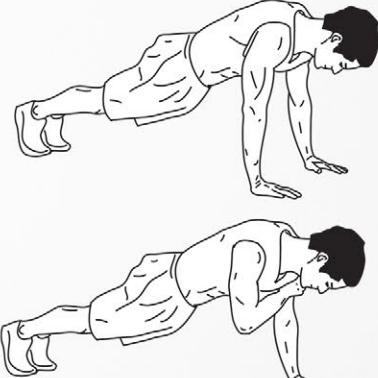
5



12 push-ups



6



24 shoulder taps

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

rest between sets: up to 2 minutes



1.

20 SEC

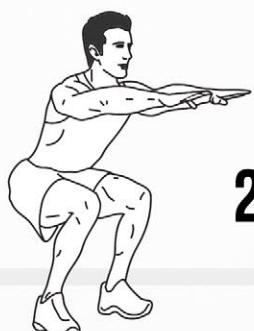
high knees



2.

20 SEC

leg raises



3.

20 SEC

squats

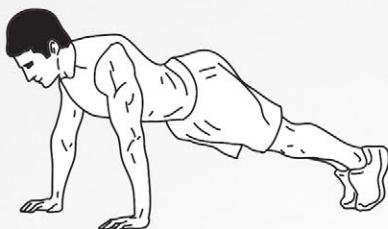
1 minute rest between rounds

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

30 Day Power Up / Day 27

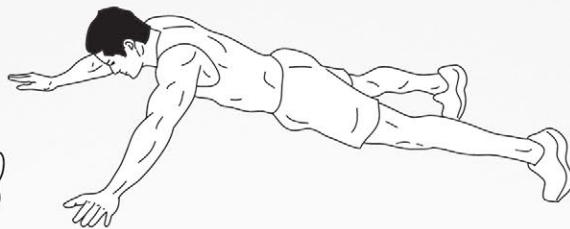
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1



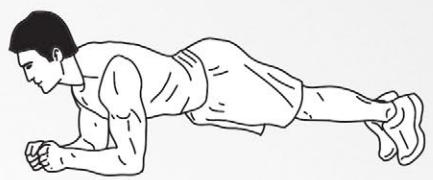
40sec plank

2



20sec star plank

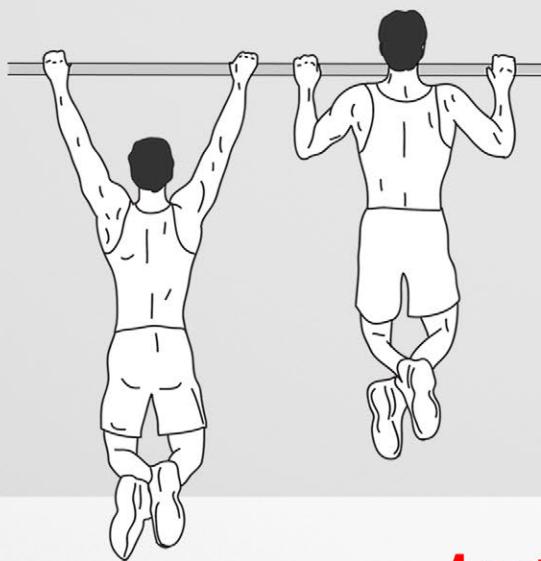
3



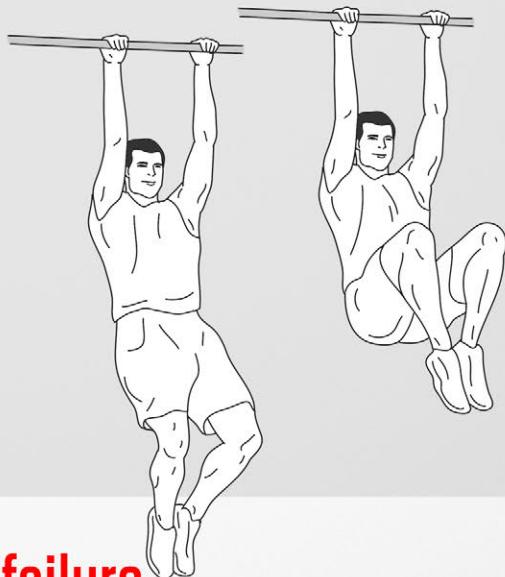
40sec elbow plank

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



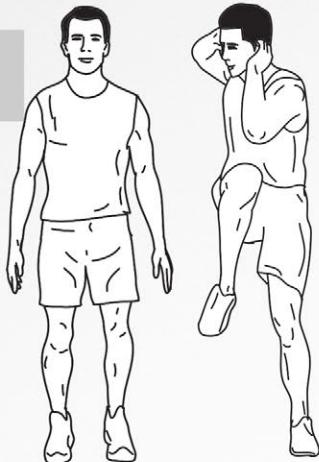
4 sets to failure

rest between sets: up to 2 minutes

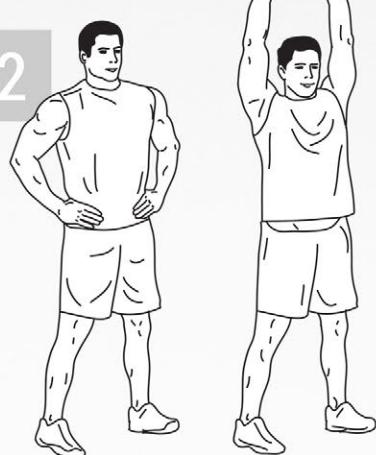
30 Day Power Up / Day 28

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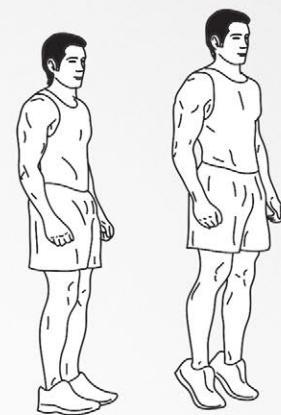
1



2



3

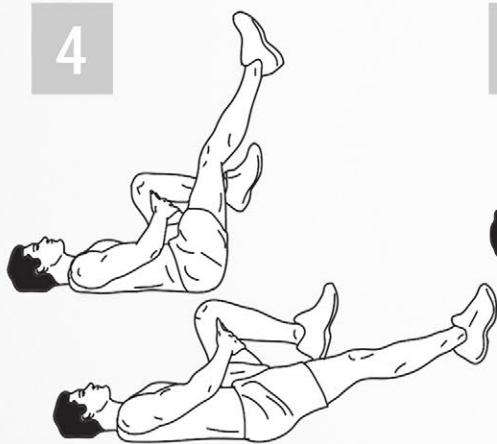


20 knee-to-elbow

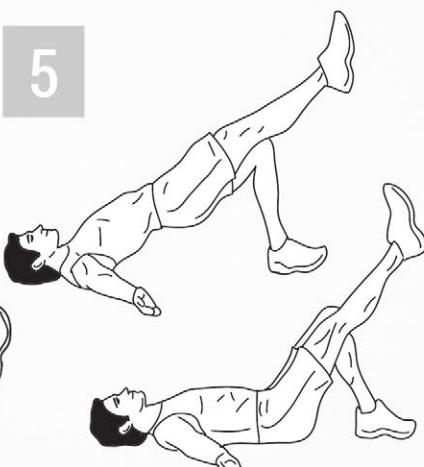
20 shoulder stretches

20 calf raises

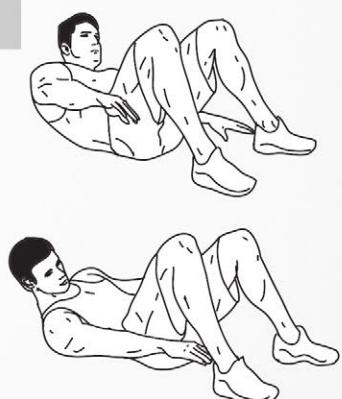
4



5



6



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

30 Day Power Up / Day 29

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1



2



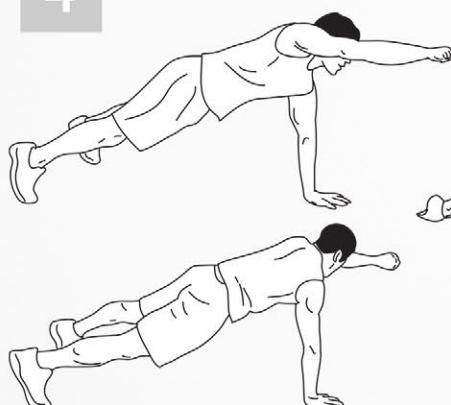
3



20 squats

5 jump knee tucks

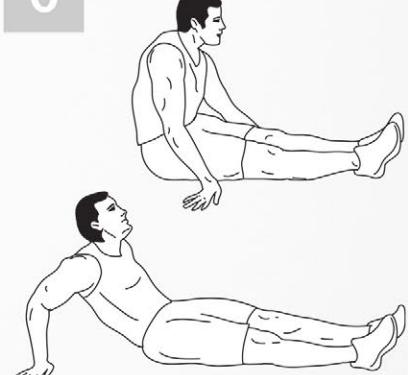
20 lunges



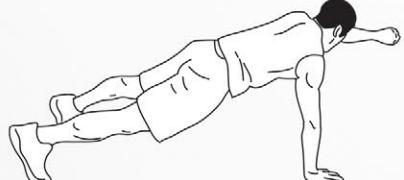
4



5



6



20 plank punches

10 alligator drag

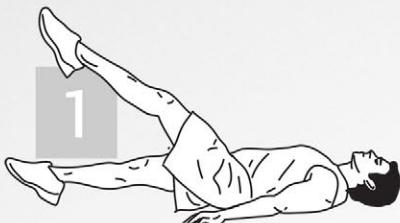
10 backward pike drag

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

rest between sets: up to 2 minutes

30 Day Power Up / Day 30

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1



2



3



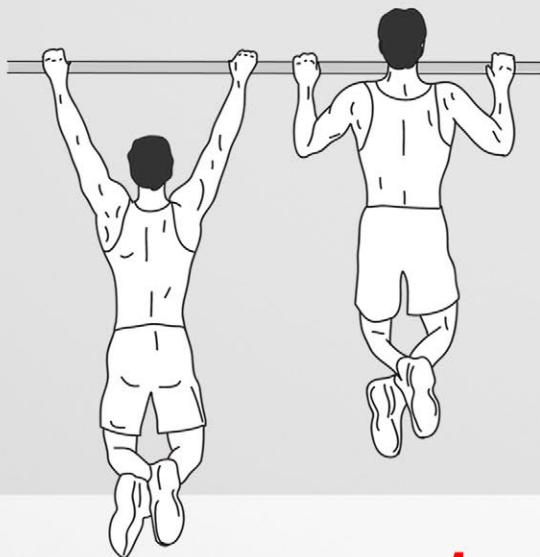
60 flutter kicks

20 sit-ups

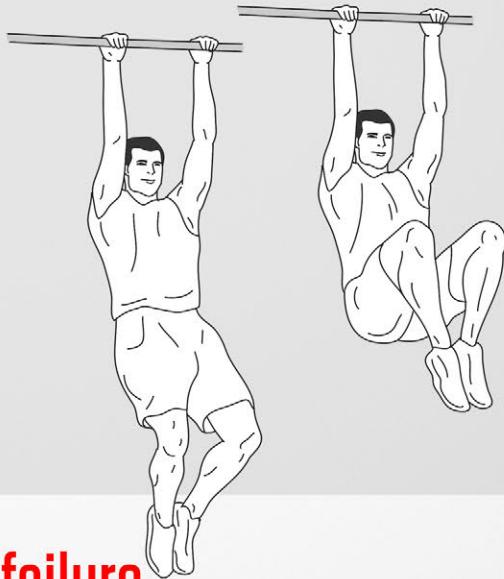
20 sitting twists

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

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