

30-Day Bodyweight Strength Training Routine

Week 1

- 1 Upper Body
- 2 Lower Body
- 3 Core
- 4 Cardio
- 5 Upper Body + Lower Body
- 6 Cardio + Core
- 7 Rest

Week 2

- 8 Cardio + Core
- 9 Lower Body
- 10 Upper Body
- 11 Rest
- 12 Cardio + Core
- 13 Upper Body + Lower Body
- 14 Rest

Week 3

- 15 Core
- 16 Rest
- 17 Upper Body + Lower Body + Core
- 18 Cardio
- 19 Core + Upper Body
- 20 Lower Body
Try an advanced move
- 21 Rest

Week 4

- 22 Upper Body
Try an advanced move
- 23 Core + Lower Body
- 24 Cardio
- 25 Rest
- 26 Upper Body + Lower Body
- 27 Core + Cardio
- 28 Rest

Week 5

- 29 Upper Body
- 30 Lower Body

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