

30 Day Physical Training Workout				
General Instructions: Do 3 sets of 10 each of the following exercises.				
Use alternate exercises each day to prevent muscle memory.				
Use stretches as needed to warm up and cool down.				
<i>Pick 1 from each main category.</i>	Upper Body	Abs	Lower Body	Aerobic
	Pushups	Sit Ups	Squats	Running
	Pull Ups	Crunches	Alternate Toe Touch	Bicycle
	Planks	Curls	Weights	Treadmill
	Alternate Leg Lifts	Reverse Push Ups	Steps	Eliptical
	Yoga	Tony Littles		Walking
				Runnng
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
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Day 26				
Day 27				
Day 28				
Day 29				
Day 30			.	