



30 days of
GRAVITY

strength & tone

BODYWEIGHT TRAINING

30 days of GRAVITY

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Day 1

Level I 60 reps

Level II 80 reps

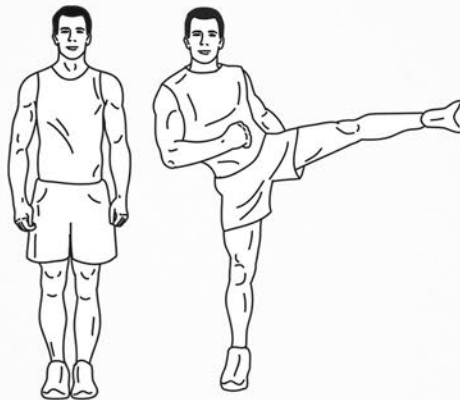
Level III 120 reps each

Complete one exercise after the other - take as much time as you need.

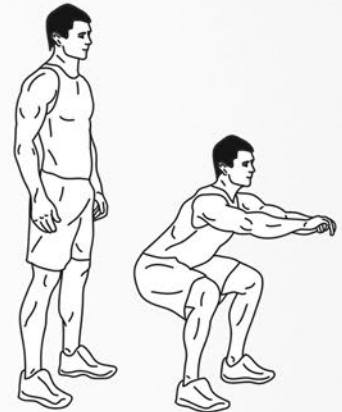
Part I Circuit Focus Legs



lunge step-ups



side leg raises



squats

Part II Endurance



to failure wall sit

3 sets
up to 2 minute
rest between sets

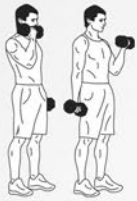
30 days of GRAVITY

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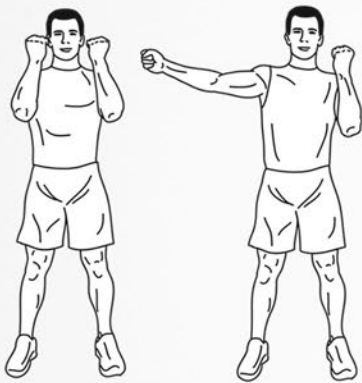
Day 2

Part I Circuit
Focus Upperbody

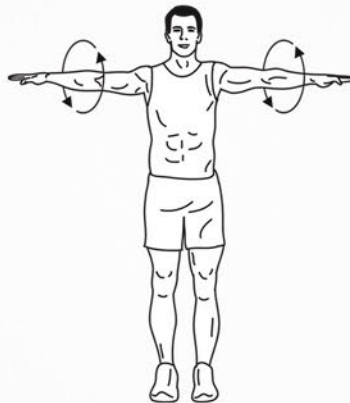
3 sets - all levels
2 minutes rest between sets



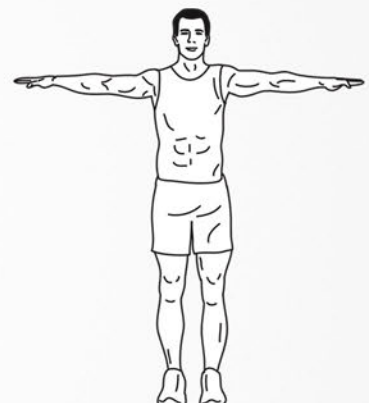
Optional Mod
Replace backfists with
20 alternating bicep curls



20 side-to-side backfists



20 raised arm circles



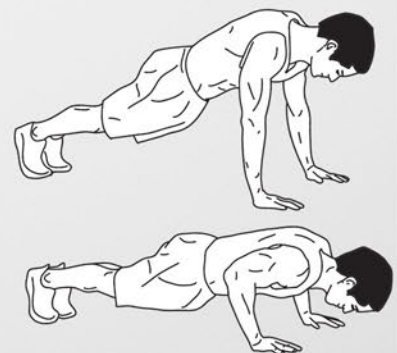
20sec raised arm hold

Part II Build Up

how many
consecutive
push-ups
can you do
today?

to failure push-ups
3 sets (all levels)

time each set
rest each time for as long
as it took you to complete
the previous set



30 days of GRAVITY

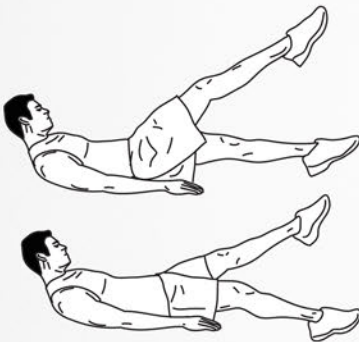
© darebee.com

Day 3 Abs

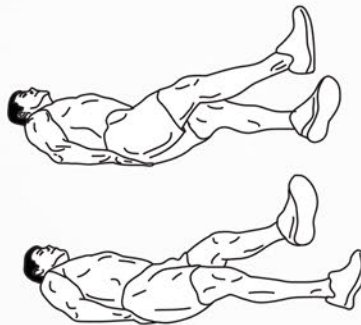
3 sets - all levels
2 minutes rest between sets

Level I 6 reps each
Level II 10 reps each
Level III 20 reps each

Level I 10 seconds raised leg hold
Level II 20 seconds raised leg hold
Level III 30 seconds raised leg hold



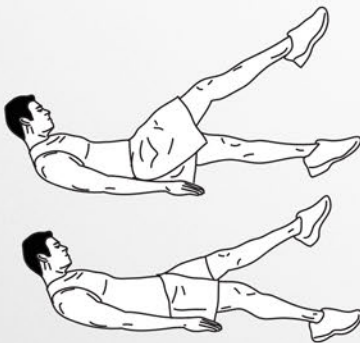
flutter kicks



scissors



raised leg hold



flutter kicks



raised leg circles



raised leg hold

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Day 4

Level I 20 seconds

Level II 40 seconds

Level III 1 minute each

repeat once = all levels

Part I Circuit Flexibility



back stretches



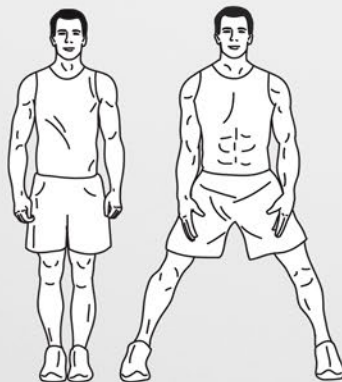
toe touches



kneeling hip flexors

Part II Splits

100 half jacks
warm-up



2 minutes
side splits

go as low
as you can



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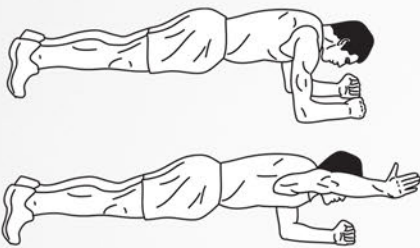
© darebee.com

Day 5

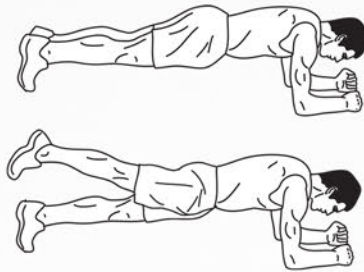
Part I Abs & Core

3 sets - all levels

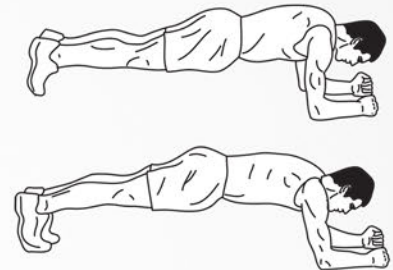
2 minutes rest between sets



10 plank arm raises



10 plank leg raises



10 body saw



5 up and down planks

Part II
Endurance



Plank

Level I 1 minute

Level II 2 minutes

Level III 3 minutes

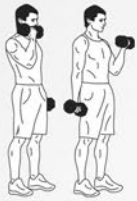
30 days of GRAVITY

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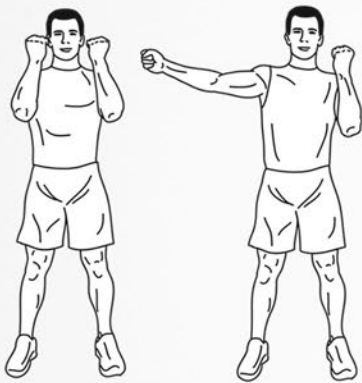
Day 6

Part I Circuit
Focus Upperbody

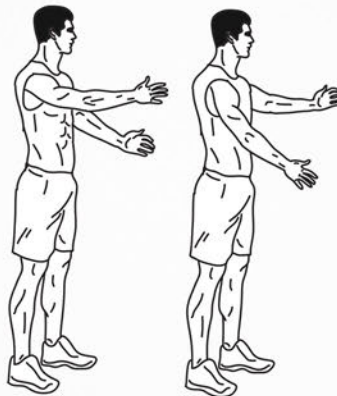
3 sets - all levels
2 minutes rest between sets



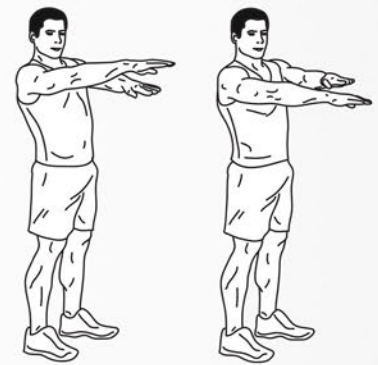
Optional Mod
Replace backfists with
20 alternating bicep curls



40 side-to-side backfists



40 scissor chops



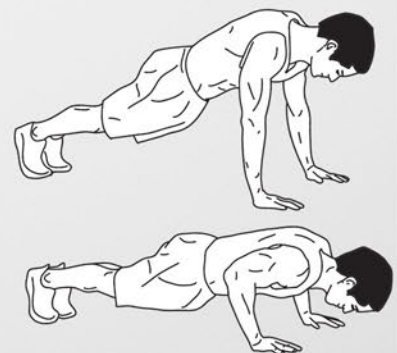
40 scissors

Part II Build Up

how many
consecutive
push-ups
can you do
today?

to failure push-ups
3 sets (all levels)

time each set
rest each time for as long
as it took you to complete
the previous set



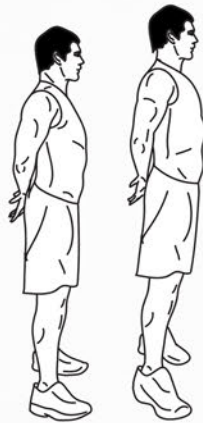
30 days of GRAVITY

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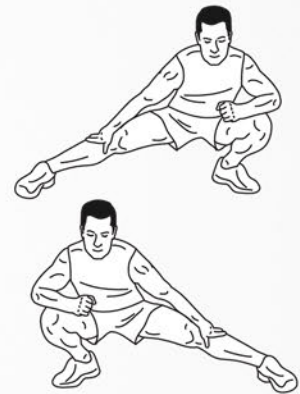
Part I Circuit Focus Legs



lunge step-ups



calf raises



side-to-side lunges

Day 7

Level I 80 reps

Level II 100 reps

Level III 140 reps each

Complete one exercise after the other - take as much time as you need.

Part II Endurance



to failure wall sit

3 sets
up to 2 minute
rest between sets

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Day 8

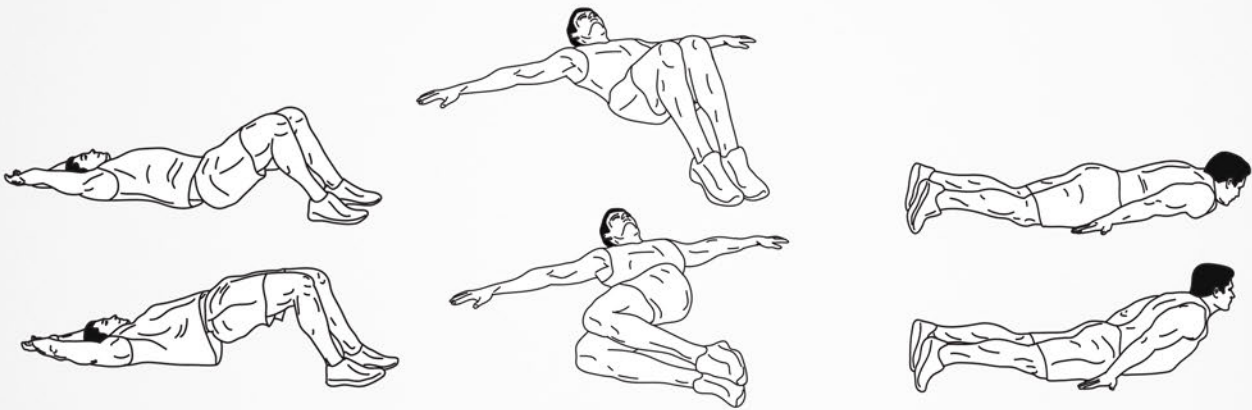
Level I 20 seconds

Level II 40 seconds

Level III 1 minute each

repeat once = all levels

Part I Circuit Flexibility



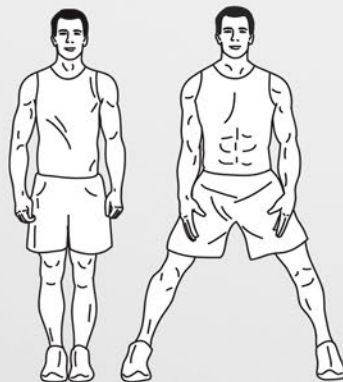
bridges

knee rolls

prawn extensions

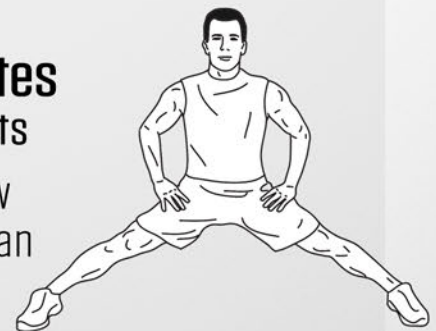
Part II Splits

100 half jacks
warm-up



2 minutes
side splits

go as low
as you can



30 days of GRAVITY

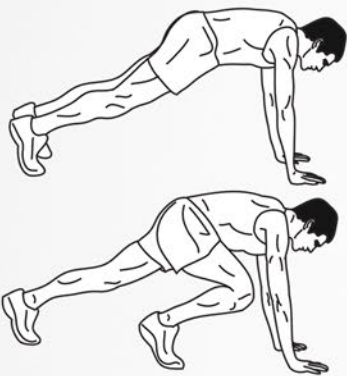
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Day 9

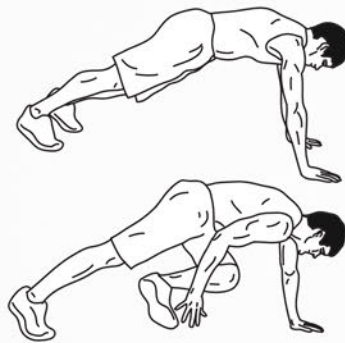
Part I Abs & Core

4 sets - all levels

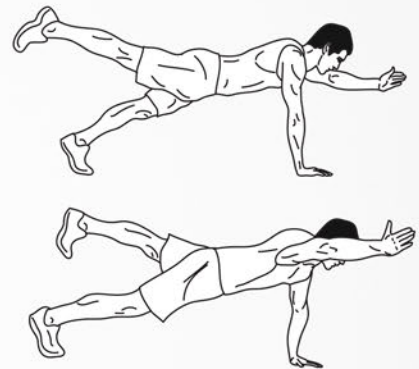
2 minutes rest between sets



10 slow climbers



10 climber taps



10 alt arm / leg raises

Part II Endurance



Plank

Level I 1 minute 30 seconds

Level II 2 minute 30 seconds

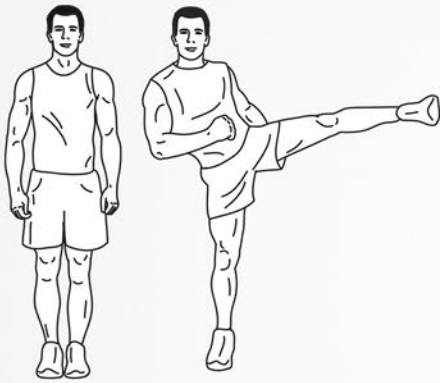
Level III 3 minute 30 seconds

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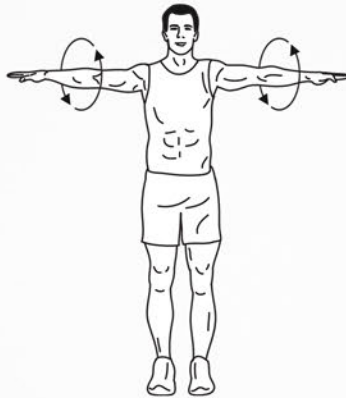
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Day 10 Endurance

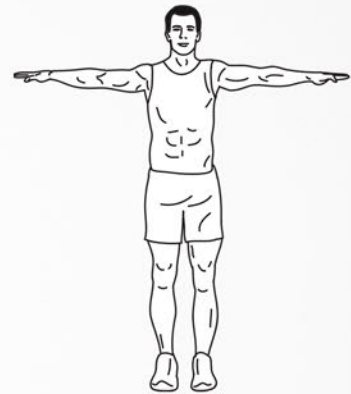
2 minutes each exercise
60 seconds rest
between exercises



side leg raises



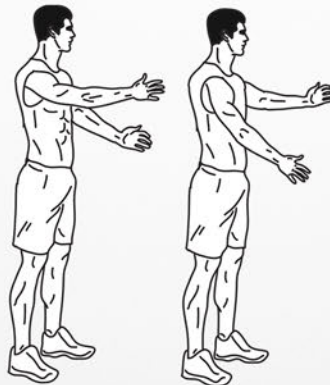
raised arm rotations



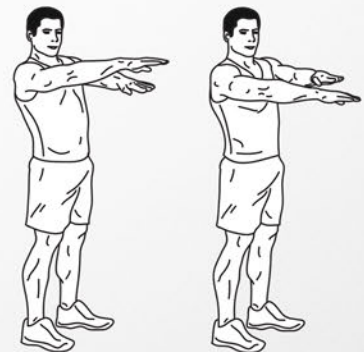
raised arm hold



knee-to-elbows



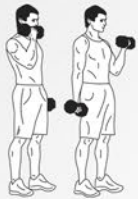
scissor chops



arm scissors

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Optional Mod
Replace backfists with
20 alternating bicep curls;

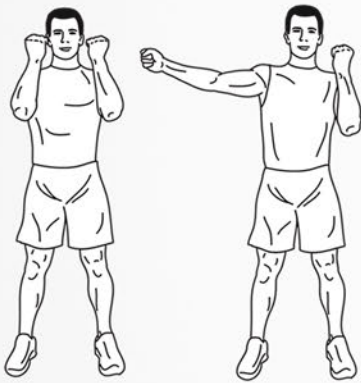


Replace shoulder taps
with **20 renegade rows**

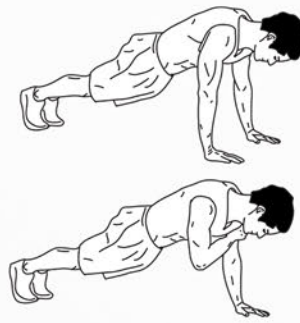
Day 11

Part I Circuit Focus Upperbody

4 sets - all levels
2 minutes rest between sets



40 side-to-side backfists



20 shoulder taps



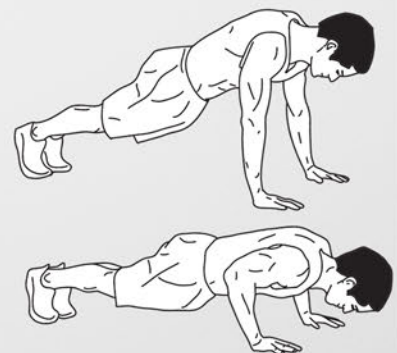
40sec speed bag punches

Part II Build Up

how many
consecutive
push-ups
can you do
today?

to failure push-ups
3 sets (all levels)

time each set
rest each time for as long
as it took you to complete
the previous set



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Day 12

Level I 20 seconds

Level II 40 seconds

Level III 1 minute each

repeat once = all levels

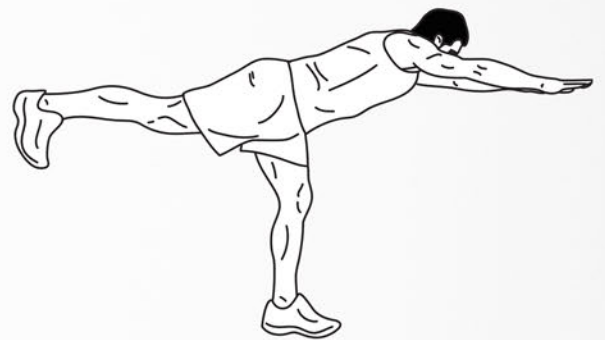
Part I Balance



knee raise



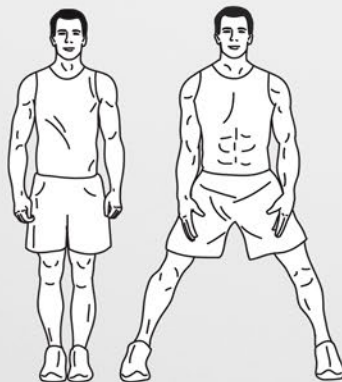
knee raise press



balance stand

Part II Splits

100 half jacks
warm-up



2 minutes
side splits

go as low
as you can



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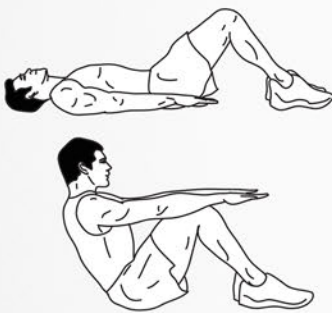
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Day 13 Abs

3 sets - all levels
2 minutes rest between sets

Level I 8 reps each
Level II 12 reps each
Level III 22 reps each

Level I 20 seconds hollow hold
Level II 30 seconds hollow hold
Level III 40 seconds hollow hold



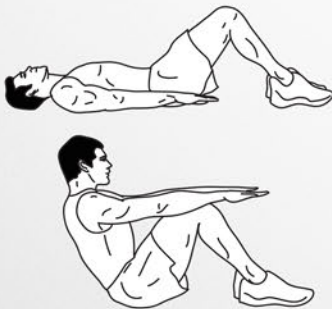
sit-ups



hollow hold



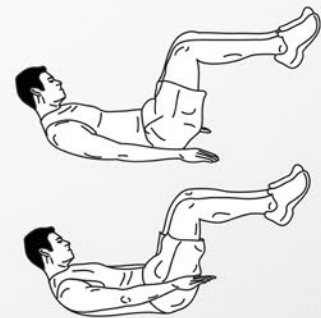
sitting twists



sit-ups



hollow hold



hundreds

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Day 14

Level I 80 reps

Level II 100 reps

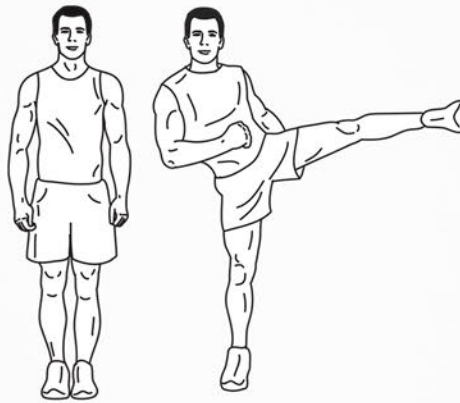
Level III 140 reps each

Complete one exercise after the other - take as much time as you need.

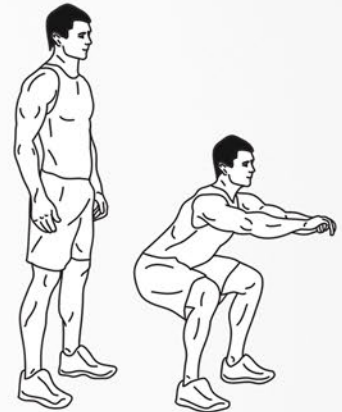
Part I Circuit Focus Legs



lunge step-ups



side leg raises



squats

Part II Endurance



to failure wall sit

3 sets
up to 2 minute
rest between sets

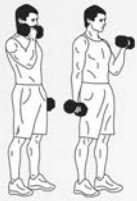
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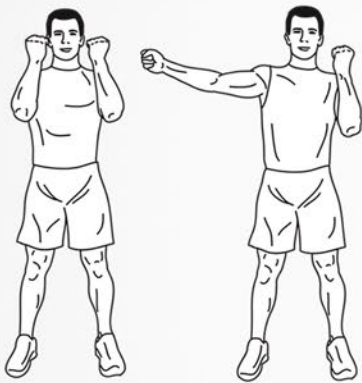
Day 15

Part I Circuit Focus Upperbody

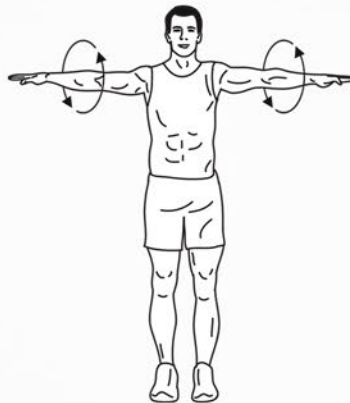
5 sets - all levels
2 minutes rest between sets



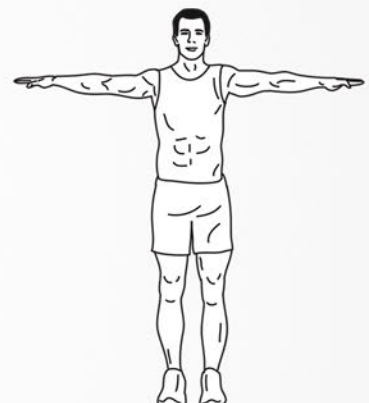
Optional Mod
Replace backfists with
20 alternating bicep curls



40 side-to-side backfists



40 raised arm circles



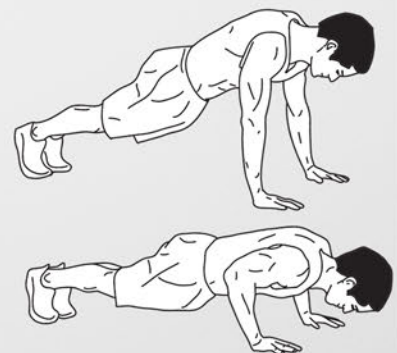
40sec raised arm hold

Part II Build Up

how many
consecutive
push-ups
can you do
today?

to failure push-ups
3 sets (all levels)

time each set
rest each time for as long
as it took you to complete
the previous set



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Day 16

Level I 40 seconds each
Level II 1 minute each
Level III 90 seconds each

repeat once = all levels

Part I Circuit Flexibility



back stretches



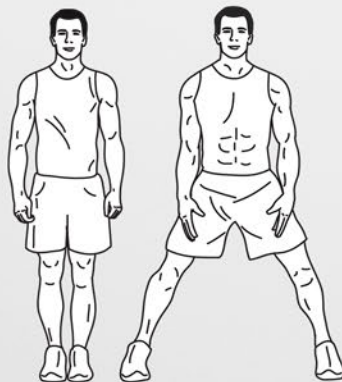
toe touches



kneeling hip flexors

Part II Splits

100 half jacks
warm-up



2 minutes
side splits

go as low
as you can



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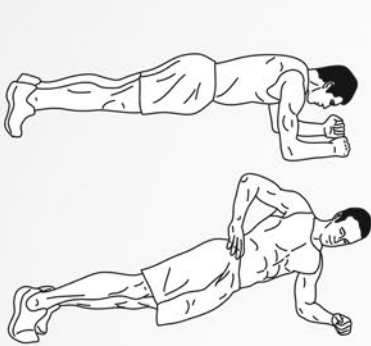
© darebee.com

Day 17

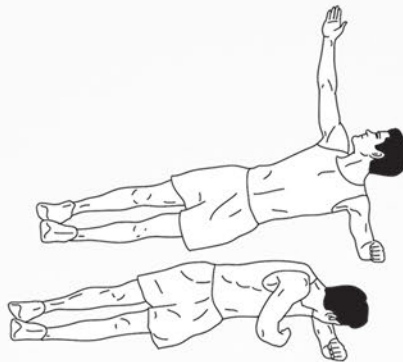
Part I Abs & Core

4 sets - all levels

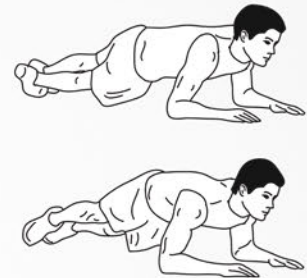
2 minutes rest between sets



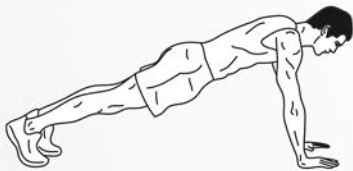
10 side planks



10 side planks with rotations

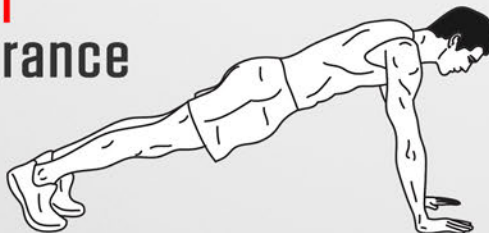


10 plank rolls



10 up and down planks

Part II
Endurance



Plank

Level I 2 minutes

Level II 3 minutes

Level III 4 minutes

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Day 18

Level I 100 reps

Level II 120 reps

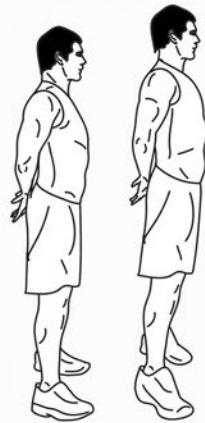
Level III 160 reps each

Complete one exercise after the other - take as much time as you need.

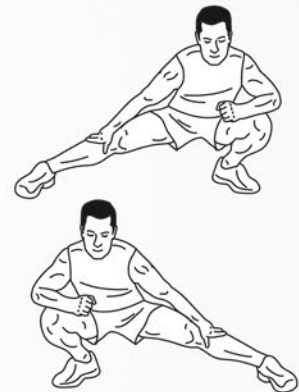
Part I Circuit Focus Legs



lunge step-ups



calf raises



side-to-side lunges

Part II Endurance



to failure wall sit

3 sets
up to 2 minute
rest between sets

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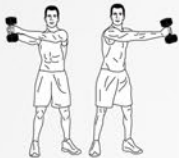
Day 19

Part I Circuit Focus Upperbody

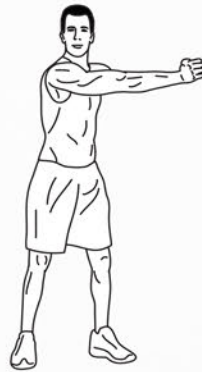
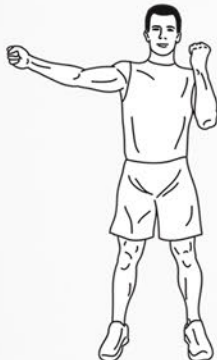
5 sets - all levels
2 minutes rest between sets



Optional Mod
Replace backfists with
20 alternating bicep curls;



Replace side-to-side chops
with **20 dumbbell chops**



40 side-to-side backfists

40 side-to-side chops

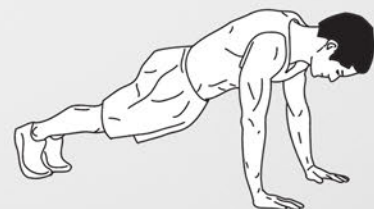
40sec raised arm hold

Part II Build Up

how many
consecutive
push-ups
can you do
today?

to failure push-ups
3 sets (all levels)

time each set
rest each time for as long
as it took you to complete
the previous set



30 days of GRAVITY

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Day 20

Level I 30 seconds

Level II 60 seconds

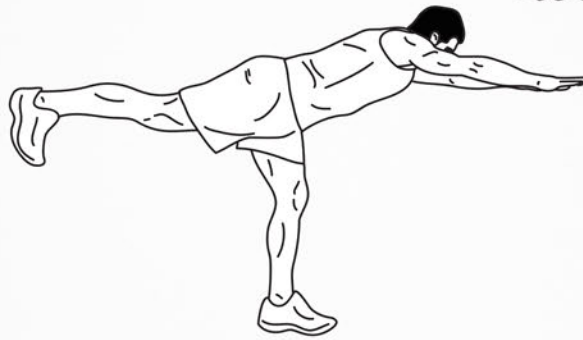
Level III 90 seconds each

repeat once = all levels

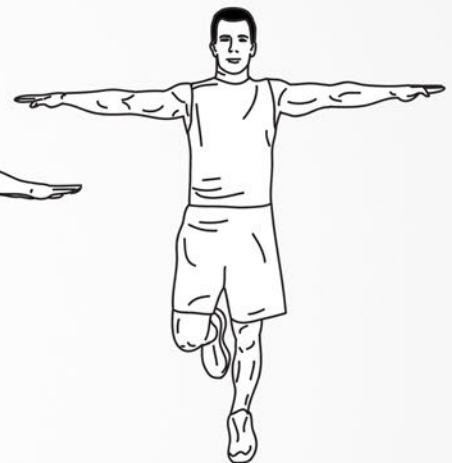
Part I Balance



knee raise press



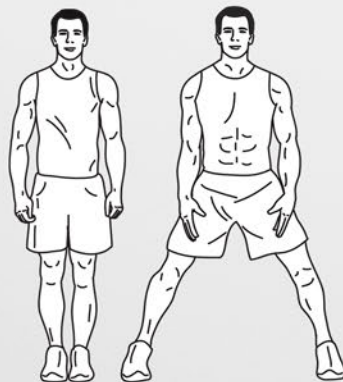
balance stand



balance stand #2

Part II Splits

100 half jacks
warm-up



3 minutes
side splits

go as low
as you can



30 days of GRAVITY

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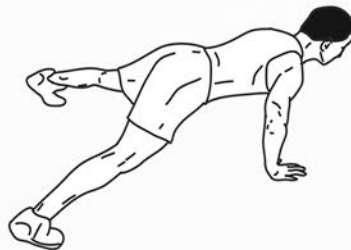
Day 21 Abs

3 sets - all levels
2 minutes rest between sets

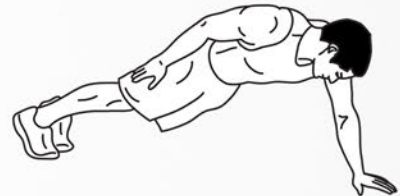
Level I 20 seconds each
Level II 30 seconds each
Level III 40 seconds each



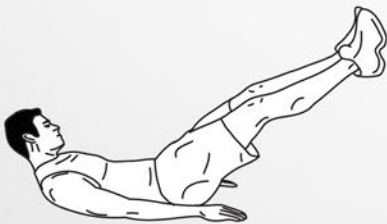
plank



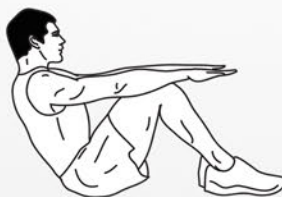
wide leg plank



one arm plank



raised leg hold



sit-up hold



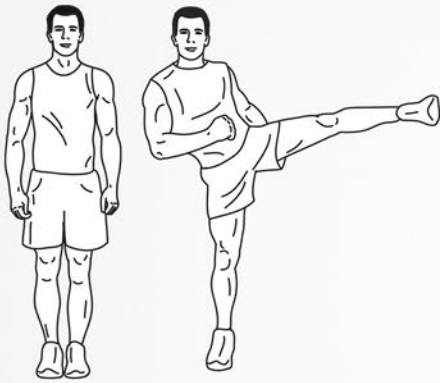
superman hold

30 days of GRAVITY

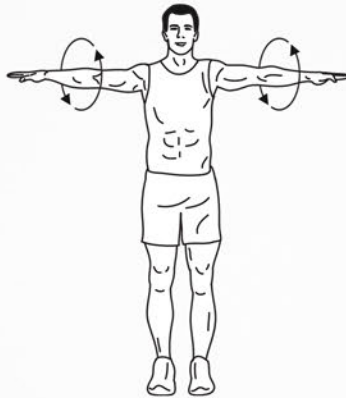
© darebee.com

Day 22 Endurance

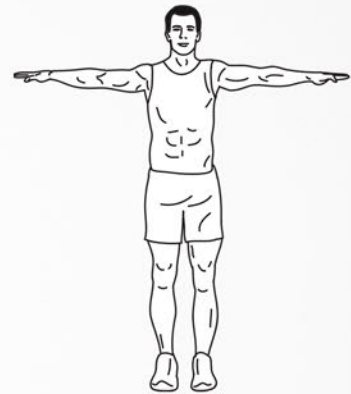
3 minutes each exercise
60 seconds rest
between exercises



side leg raises



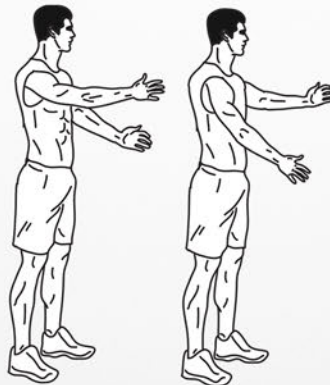
raised arm rotations



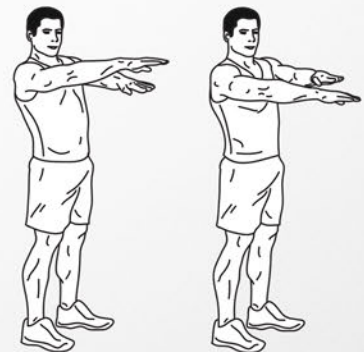
raised arm hold



knee-to-elbows



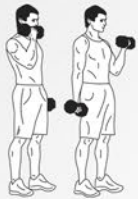
scissor chops



arm scissors

30 days of GRAVITY

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Optional Mod
Replace backfists with
20 alternating bicep curls;

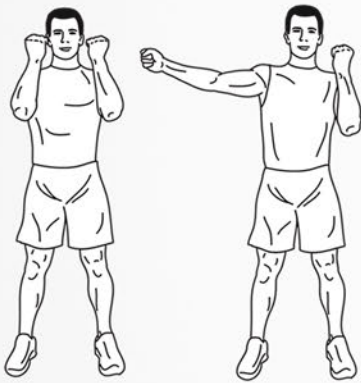


Replaces houlder taps
with **20 renegade rows**

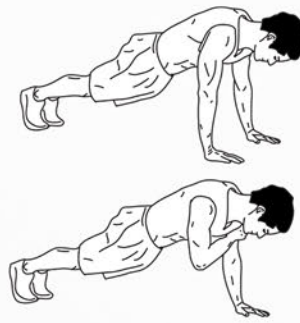
Day 23

Part I Circuit Focus Upperbody

5 sets - all levels
2 minutes rest between sets



60 side-to-side backfists



40 shoulder taps



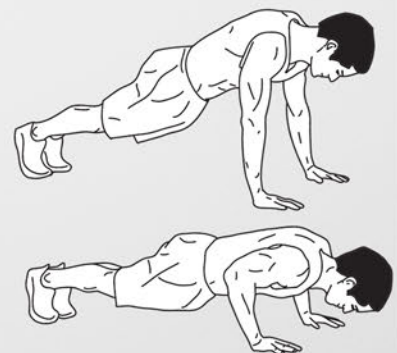
60sec speed bag punches

Part II Build Up

how many
consecutive
push-ups
can you do
today?

to failure push-ups
3 sets (all levels)

time each set
rest each time for as long
as it took you to complete
the previous set



30 days of GRAVITY

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Day 24

Level I 60 seconds each

Level II 90 seconds each

Level III 2 minutes each

repeat once = all levels

Part I Circuit Flexibility



back stretches



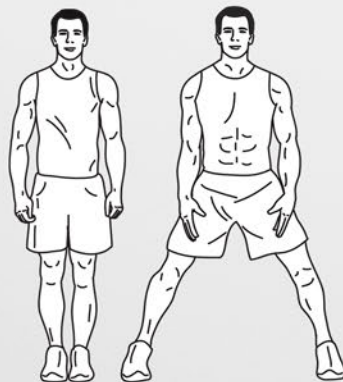
toe touches



kneeling hip flexors

Part II Splits

100 half jacks
warm-up



3 minutes side splits

go as low
as you can



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Day 25

Level I 120 reps

Level II 160 reps

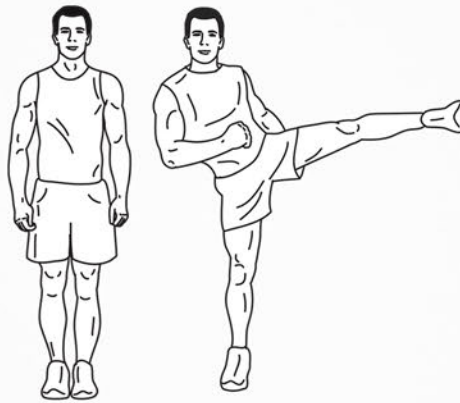
Level III 180 reps each

Complete one exercise after the other - take as much time as you need.

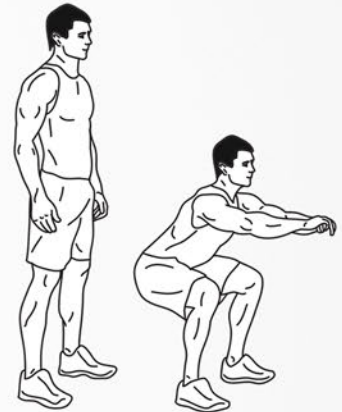
Part I Circuit Focus Legs



lunge step-ups



side leg raises



squats

Part II Endurance



to failure wall sit

3 sets

up to 2 minute

rest between sets

30 days of GRAVITY

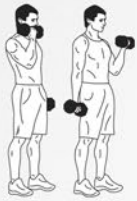
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Day 26

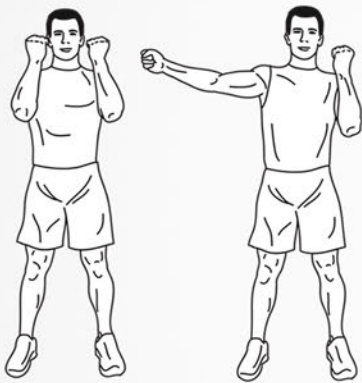
Part I Circuit Focus Upperbody

5 sets - all levels

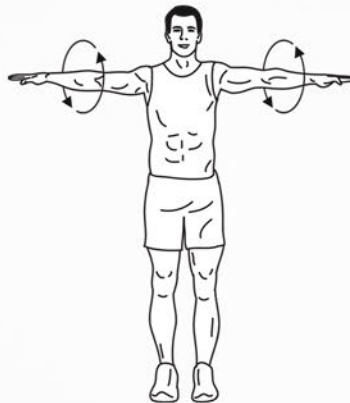
2 minutes rest between sets



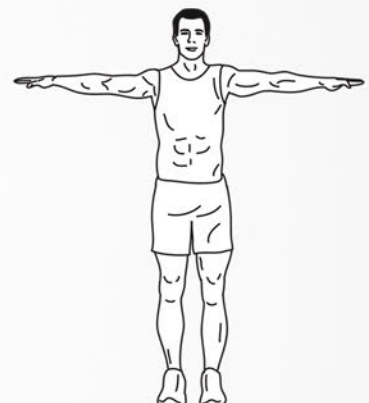
Optional Mod
Replace backfists with
20 alternating bicep curls



60 side-to-side backfists



60 raised arm circles



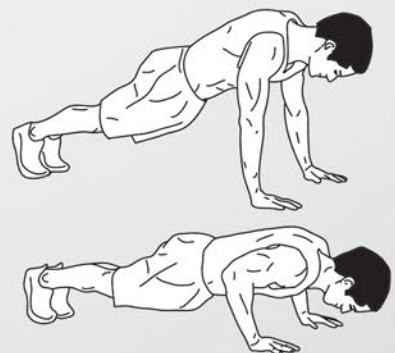
60sec raised arm hold

Part II Build Up

how many
consecutive
push-ups
can you do
today?

to failure push-ups
3 sets (all levels)

time each set
rest each time for as long
as it took you to complete
the previous set



30 days of GRAVITY

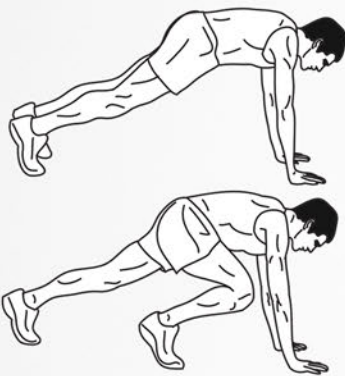
© darebee.com

Day 27

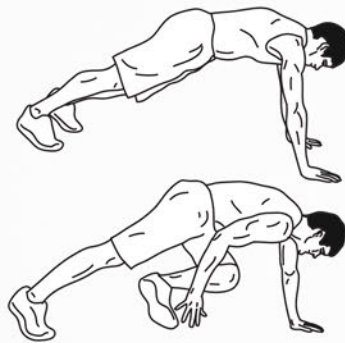
Part I Abs & Core

4 sets - all levels

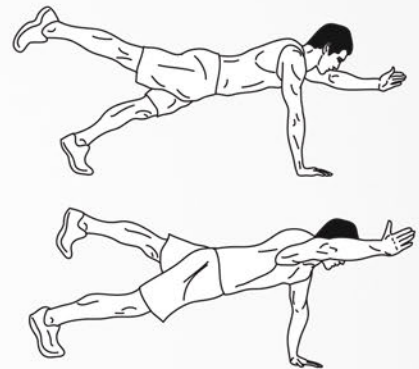
2 minutes rest between sets



20 slow climbers



20 climber taps



20 alt arm / leg raises

Part II
Endurance



Plank

Level I 3 minutes

Level II 4 minutes

Level III 5 minutes

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Day 28

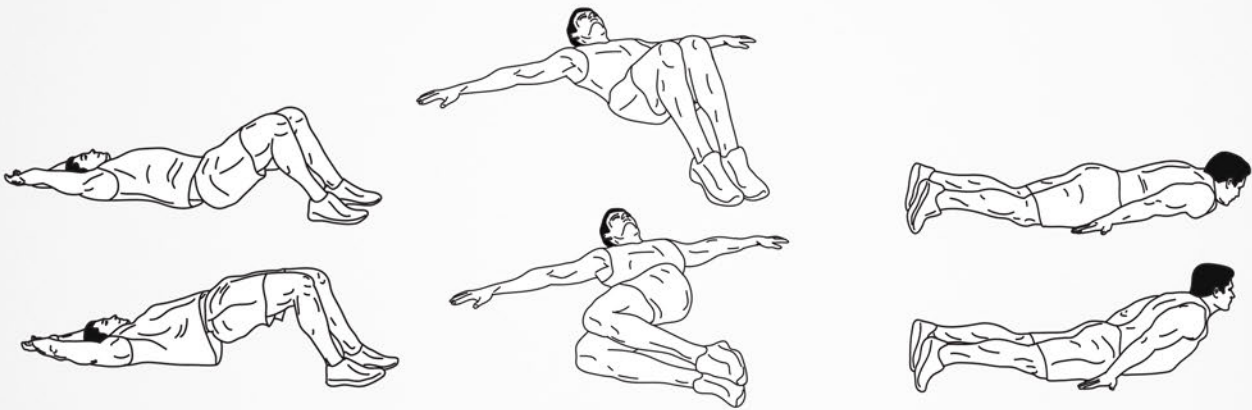
Level I 40 seconds

Level II 60 seconds

Level III 2 minutes each

repeat once = all levels

Part I Circuit Flexibility



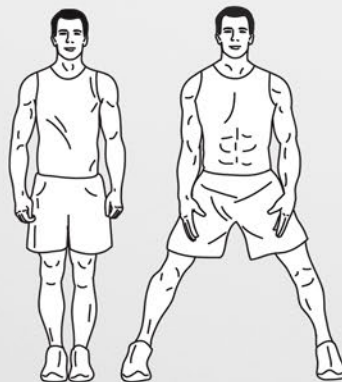
bridges

knee rolls

prawn extensions

Part II Splits

100 half jacks
warm-up



5 minutes
side splits

go as low
as you can

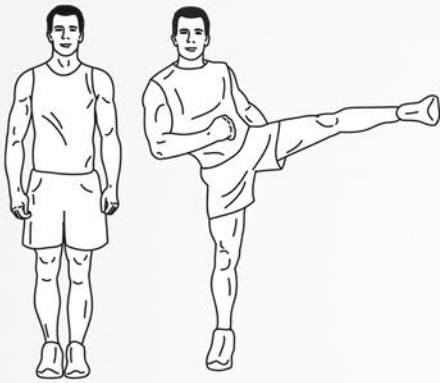


30 days of GRAVITY

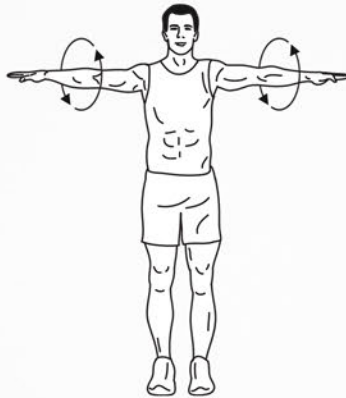
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Day 29 Endurance

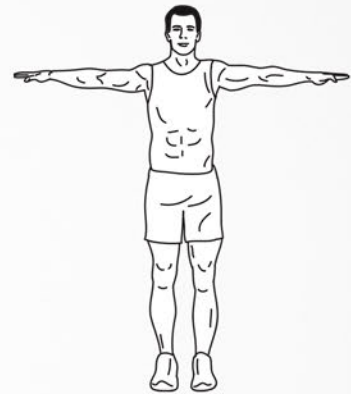
4 minutes each exercise
60 seconds rest
between exercises



side leg raises



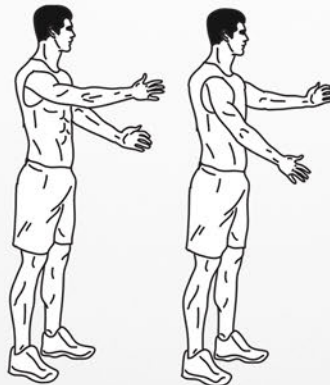
raised arm rotations



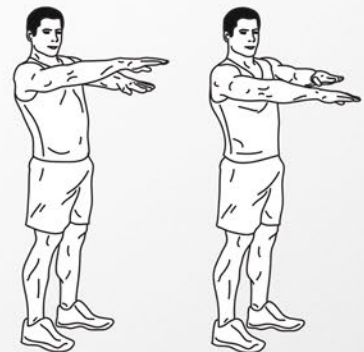
raised arm hold



knee-to-elbows



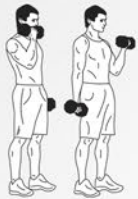
scissor chops



arm scissors

30 days of GRAVITY

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Optional Mod
Replace backfists with
20 alternating bicep curls;

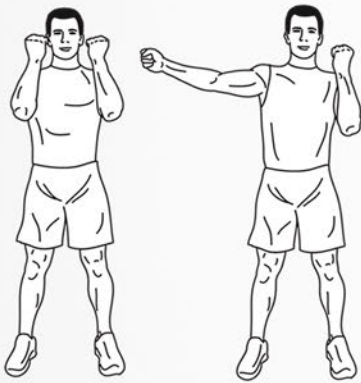


Replaces houlder taps
with **20 renegade rows**

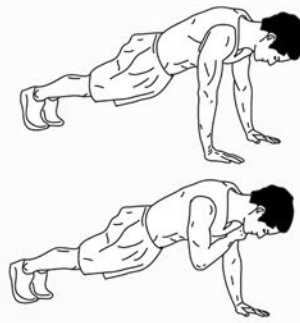
Day 30

Part I Circuit Focus Upperbody

6 sets - all levels
2 minutes rest between sets



80 side-to-side backfists



40 shoulder taps



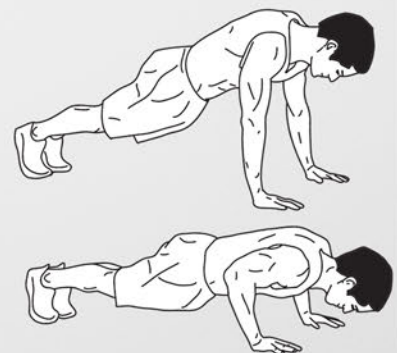
2min speed bag punches

Part II Build Up

how many
consecutive
push-ups
can you do
today?

to failure push-ups
3 sets (all levels)

time each set
rest each time for as long
as it took you to complete
the previous set



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