



30 days of
STRENGTH

strength & tone

BODYWEIGHT TRAINING

30 days of STRENGTH

Day 1 Legs

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

10 reps each

16 reps each

20 reps each

2 minutes rest between sets



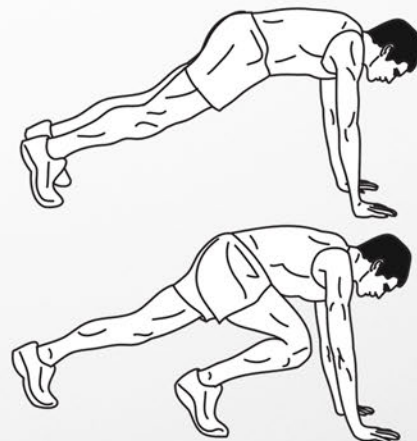
lunges



lunge step-ups



squats



slow climbers

30 days of STRENGTH

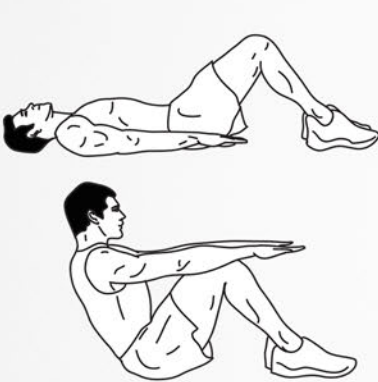
© darebee.com

Day 2

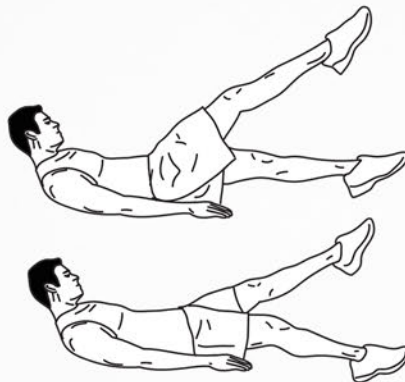
Abs, Back & Biceps

Part I Abs

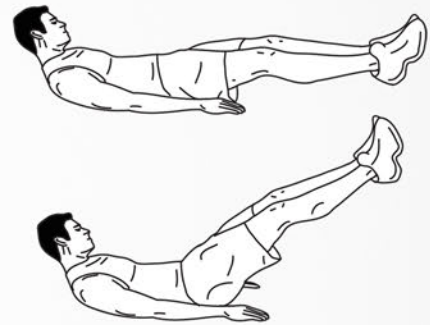
LEVEL I 8 reps LEVEL II 10 reps LEVEL III 12 reps
3 sets - all levels | 2 minutes rest between sets



sit-ups



flutter kicks

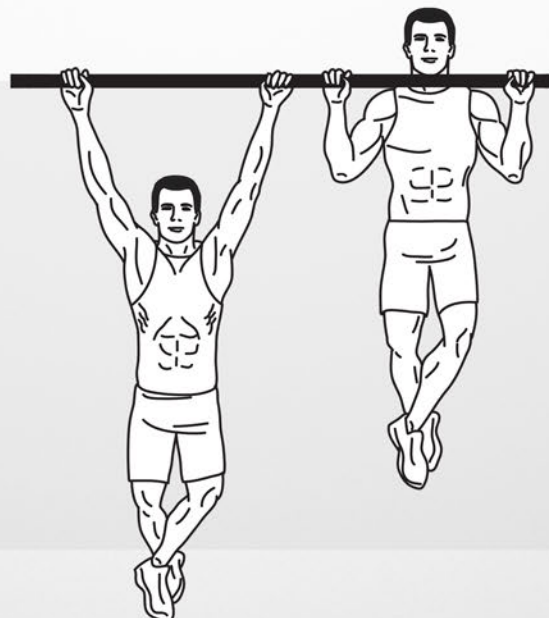


leg raises

Part II Back & Biceps

to failure pull-ups

3 sets
2 minute rest
between sets



30 days of STRENGTH

© darebee.com

Day 3

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

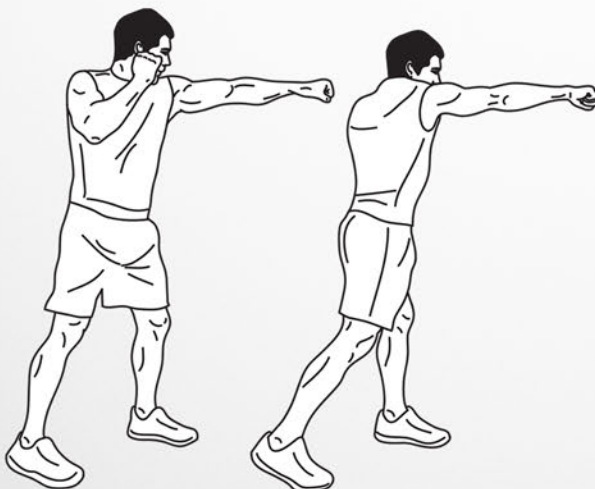
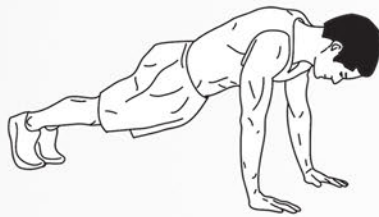
LEVEL III 7 sets

1 push-up

2 push-ups

3 push-ups

2 minutes rest between sets



X push-ups

20 punches

X push-ups

20 punches

X push-ups

20 punches

X push-ups

20 punches

rest

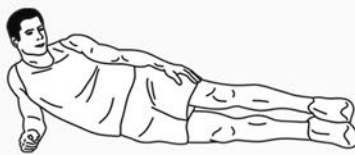
30 days of STRENGTH

Day 4 Tendon Strength

© darebee.com



10-count hold



10 side leg raises



10 straight leg swings



10 fast kicks



10 slow kicks



Change legs after once the set is done and repeat it again.
Keep your leg off the floor throughout the sequence.

30 days of STRENGTH

Day 5 Legs

© darebee.com

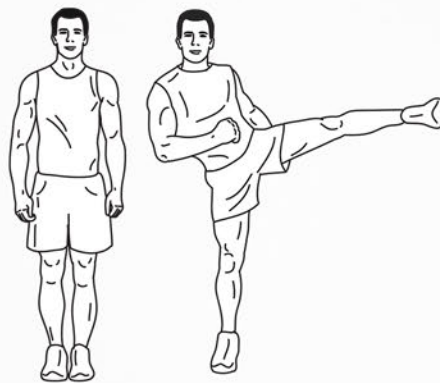
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets

10 reps each
16 reps each
20 reps each

2 minutes rest between sets



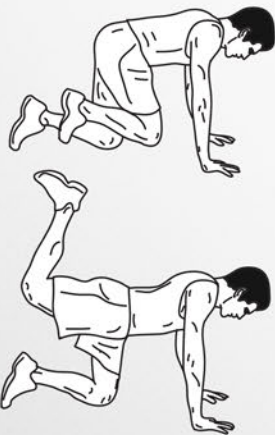
squats



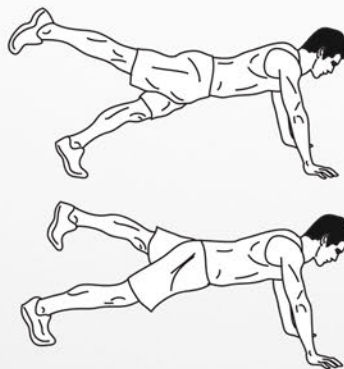
side leg raises



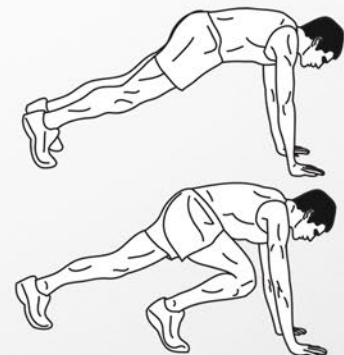
lunges



leg extensions



plank leg raises



slow climbers

30 days of STRENGTH

© darebee.com

Day 6

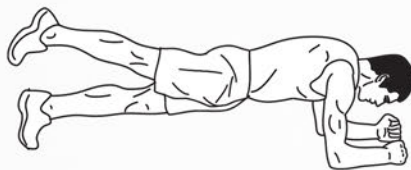
Abs & Upperbody

Part I Abs

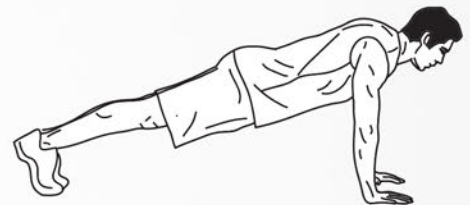
LEVEL I 20sec LEVEL II 30sec LEVEL III 40sec each
3 sets - all levels | 2 minutes rest between sets
1/2 time each leg during raised leg elbow plank



elbow plank



raised leg elbow plank

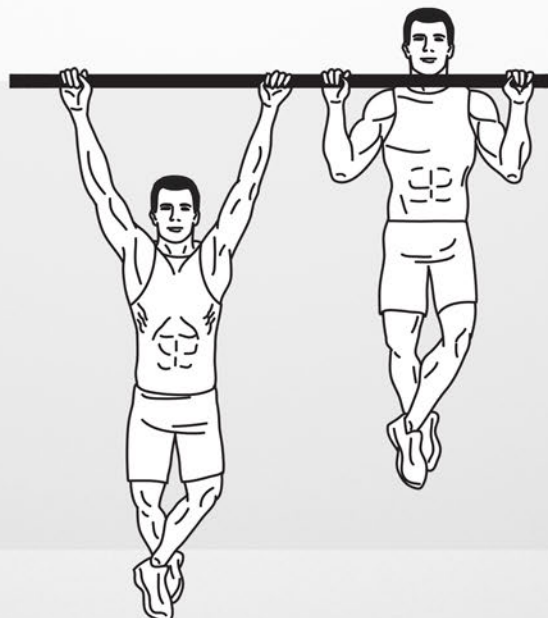


plank

Part II Back & Biceps

to failure pull-ups

3 sets
2 minute rest
between sets



30 days of STRENGTH

© darebee.com

Day 7

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

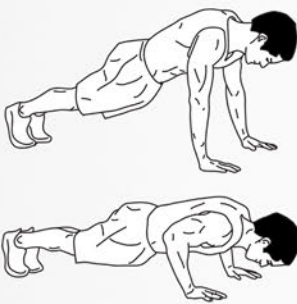
LEVEL III 7 sets

5 push-up

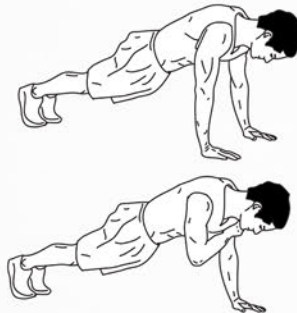
10 push-ups

15 push-ups

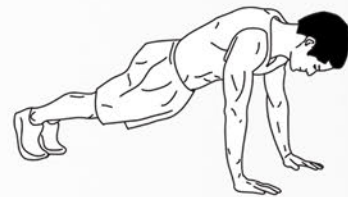
2 minutes rest between sets



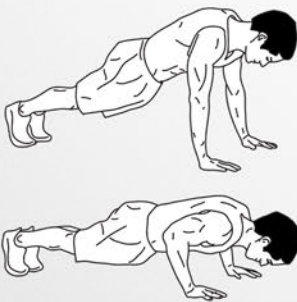
X push-ups



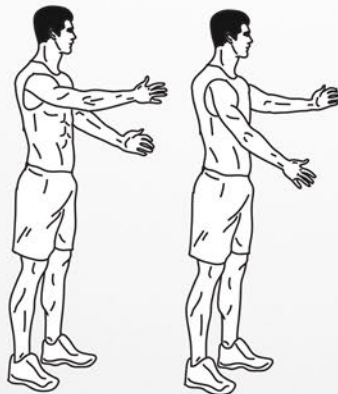
20 shoulder taps



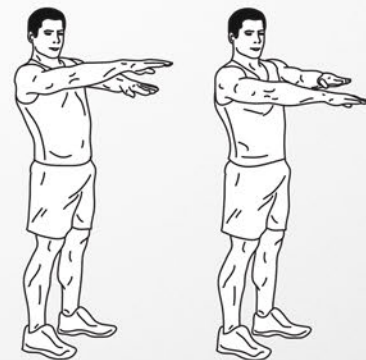
20-count plank



X push-ups



20 scissor chops



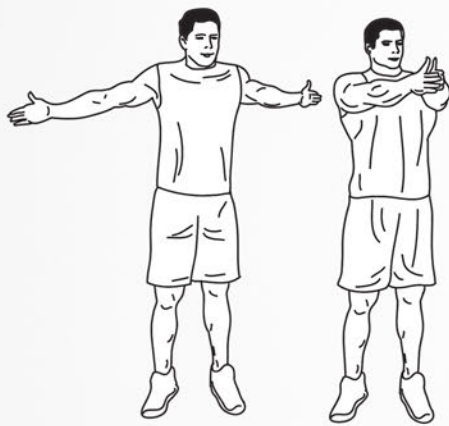
20 arm scissors

30 days of STRENGTH

Day 8 Stretching

© darebee.com

LEVEL I 10 reps LEVEL II 12 reps LEVEL III 14 reps
3 sets - all levels | 2 minutes rest between sets



chest expansions



shoulder stretches



back rotations



back arches

30 days of STRENGTH

Day 9 Legs

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

12 reps each

18 reps each

22 reps each

2 minutes rest between sets



squats



lunges



squats



lunge step-ups

30 days of STRENGTH

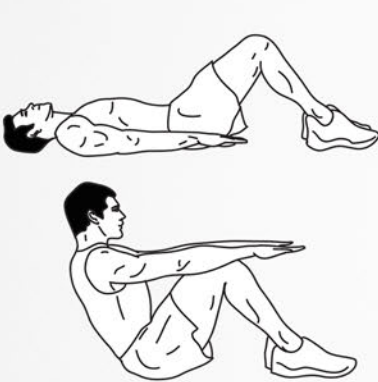
© darebee.com

Day 10

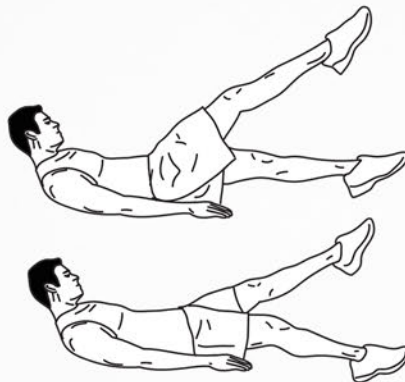
Abs, Back & Biceps

Part I Abs

LEVEL I 12 reps LEVEL II 14 reps LEVEL III 16 reps
LEVEL I 10-count LEVEL II 20-count LEVEL III 30-count hold
4 sets - all levels | 2 minutes rest between sets



sit-ups



flutter kicks

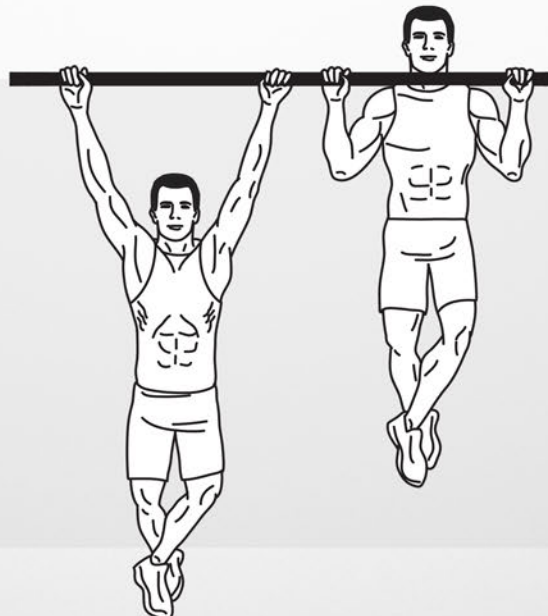


raised leg hold

Part II Back & Biceps

to failure pull-ups

3 sets
2 minute rest
between sets



30 days of STRENGTH

© darebee.com

Day 11

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

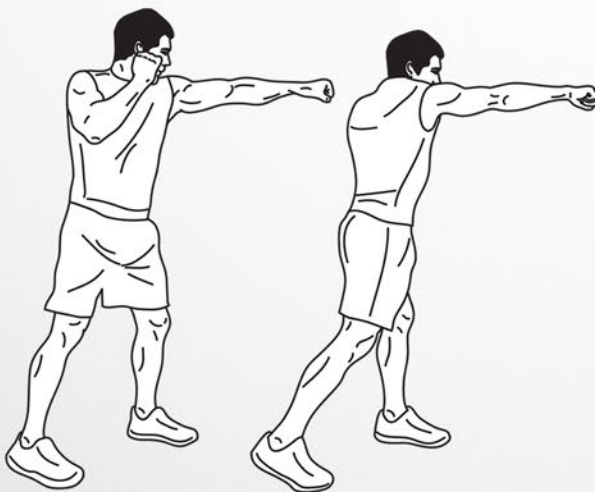
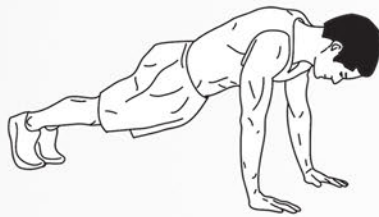
LEVEL III 7 sets

2 push-up

3 push-ups

4 push-ups

2 minutes rest between sets



X push-ups

30 punches

X push-ups

30 punches

X push-ups

30 punches

X push-ups

30 punches

rest

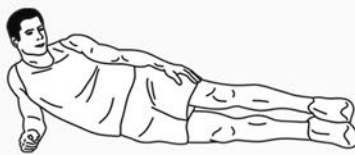
30 days of STRENGTH

Day 12 Tendon Strength

© darebee.com



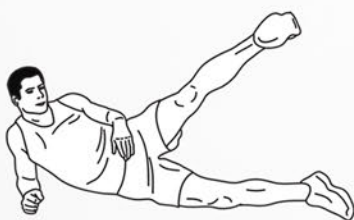
15-count hold



15 side leg raises



15 straight leg swings



15 fast kicks



15 slow kicks

Change legs after once the set is done and repeat it again.
Keep your leg off the floor throughout the sequence.

30 days of STRENGTH

Day 13 Legs

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

14 reps each

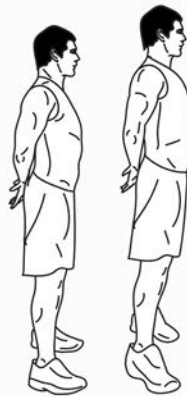
18 reps each

22 reps each

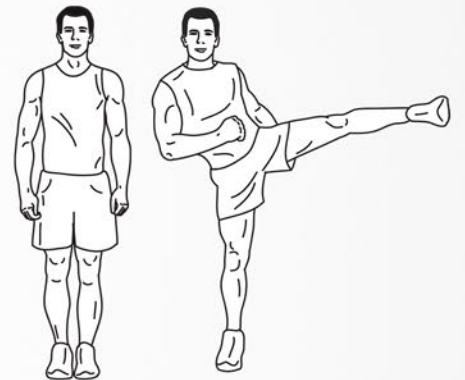
2 minutes rest between sets



squats



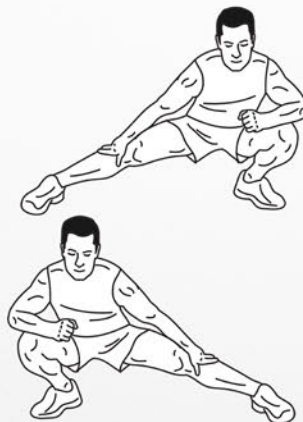
calf raises



side leg raises



lunges



deep side lunges



lunge step-ups

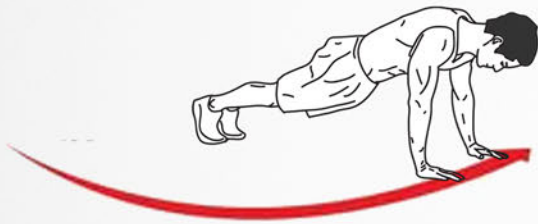
30 days of STRENGTH

Day 14
Abs & Upperbody

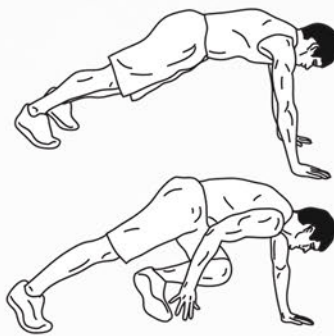
© darebee.com

Part I Abs

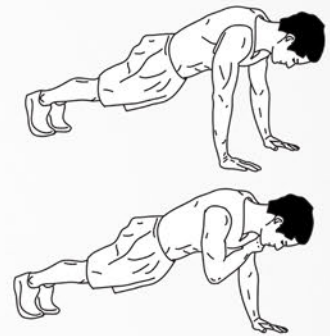
LEVEL I 4 reps LEVEL II 8 reps LEVEL III 10 reps
5 sets - all levels | 2 minutes rest between sets



moving plank (90 degrees)



climber taps

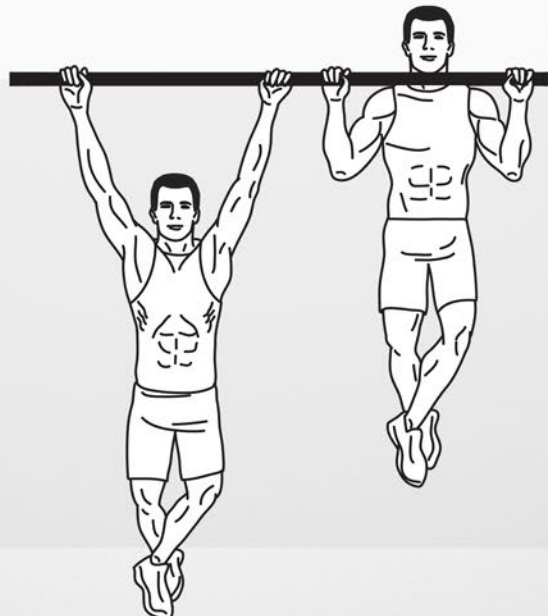


shoulder taps

Part II Back & Biceps

to failure pull-ups

3 sets
2 minute rest
between sets



30 days of STRENGTH

© darebee.com

Day 15

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

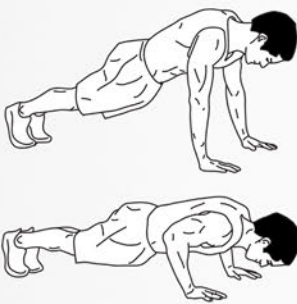
LEVEL III 7 sets

6 reps each

12 reps each

16 reps each

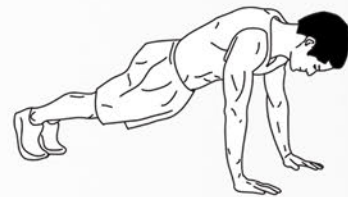
2 minutes rest between sets



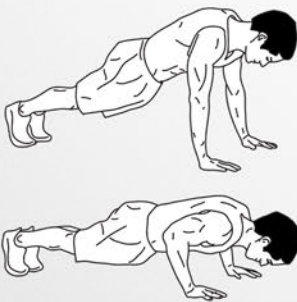
X push-ups



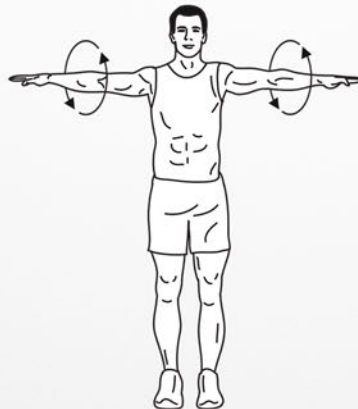
X plank rotations



30-count plank



X push-ups



30 raised arm circles



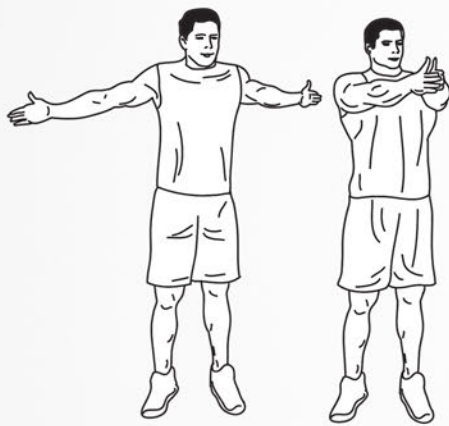
30-count raised arm hold

30 days of STRENGTH

Day 16 Stretching

© darebee.com

LEVEL I 12 reps LEVEL II 16 reps LEVEL III 20 reps
3 sets - all levels | 2 minutes rest between sets



chest expansions



shoulder stretches



back rotations



back arches

30 days of STRENGTH

Day 17 Legs

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

14 reps each

20 reps each

24 reps each

2 minutes rest between sets



squats



lunges



squats



lunge step-ups

30 days of STRENGTH

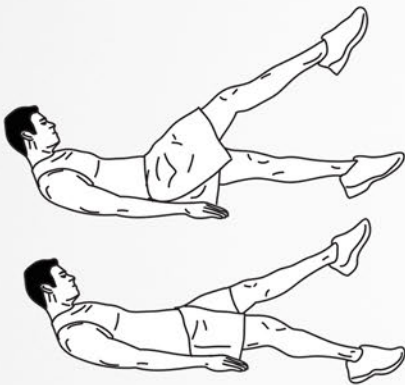
Day 18

Abs, Back & Biceps

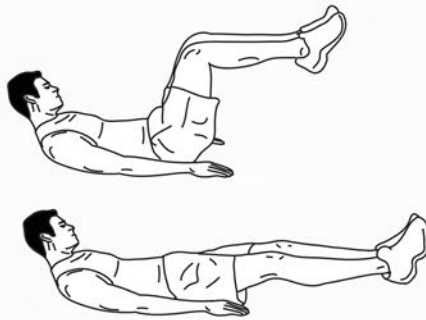
© darebee.com

Part I Abs

LEVEL I 16 reps LEVEL II 18 reps LEVEL III 20 reps
4 sets - all levels | 2 minutes rest between sets



flutter kicks



crunch kicks

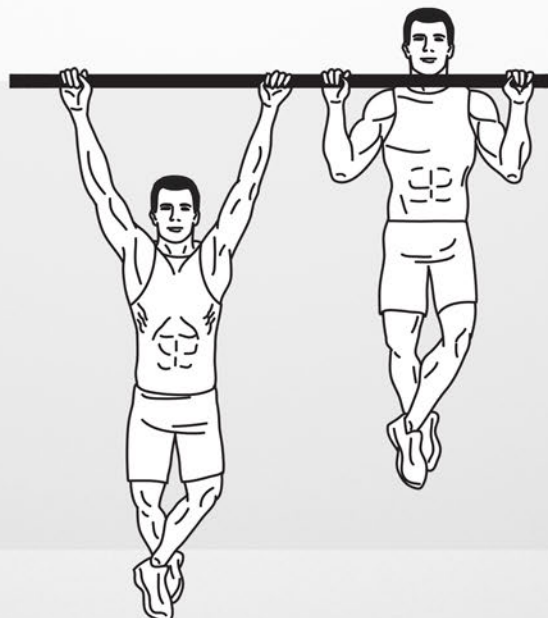


sitting twists

Part II Back & Biceps

to failure pull-ups

3 sets
2 minute rest
between sets



30 days of STRENGTH

© darebee.com

Day 19

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

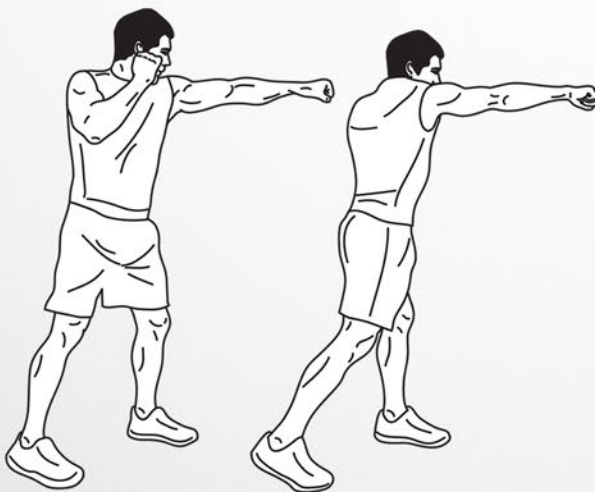
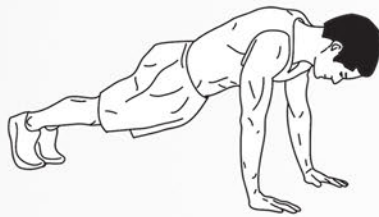
LEVEL III 7 sets

3 push-up

4 push-ups

5 push-ups

2 minutes rest between sets



X push-ups

40 punches

X push-ups

40 punches

X push-ups

40 punches

X push-ups

40 punches

rest

30 days of STRENGTH

Day 20 Tendon Strength

© darebee.com



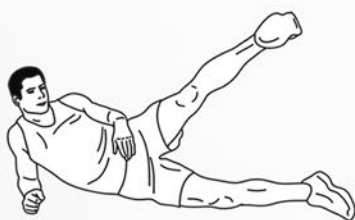
20-count hold



20 side leg raises



20 straight leg swings



20 fast kicks



20 slow kicks

Change legs after once the set is done and repeat it again.
Keep your leg off the floor throughout the sequence.

30 days of STRENGTH

Day 21 Legs

© darebee.com

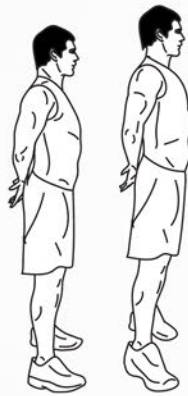
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets

16 reps each
18 reps each
22 reps each

2 minutes rest between sets



squats



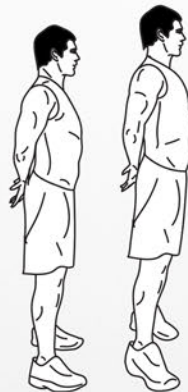
calf raises



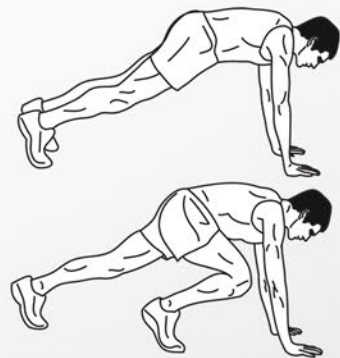
lunges



squats



calf raises



slow climbers

30 days of STRENGTH

Day 22

Abs & Upperbody

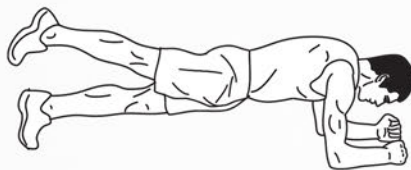
© darebee.com

Part I Abs

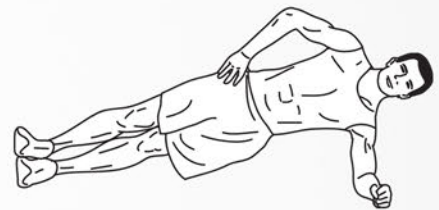
LEVEL I 30sec LEVEL II 40sec LEVEL III 60sec each
4 sets - all levels | 2 minutes rest between sets
1/2 time each leg during raised leg elbow plank



elbow plank



raised leg elbow plank

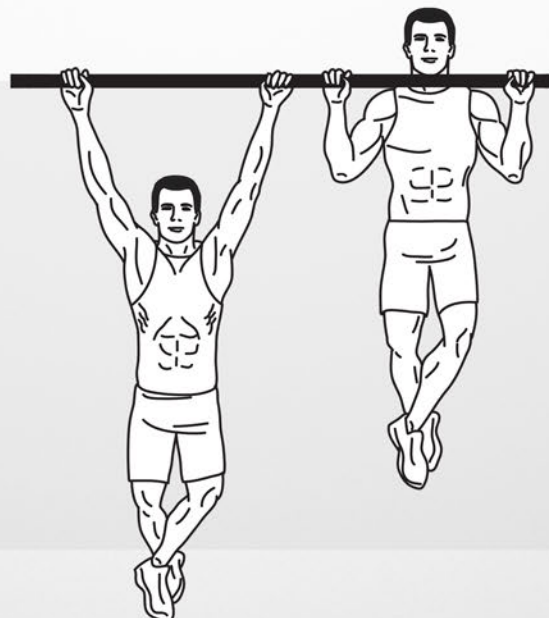


side plank

Part II Back & Biceps

to failure pull-ups

3 sets
2 minute rest
between sets



30 days of STRENGTH

© darebee.com

Day 23

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

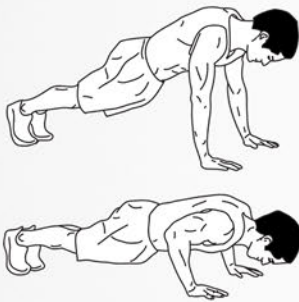
LEVEL III 7 sets

10 reps each

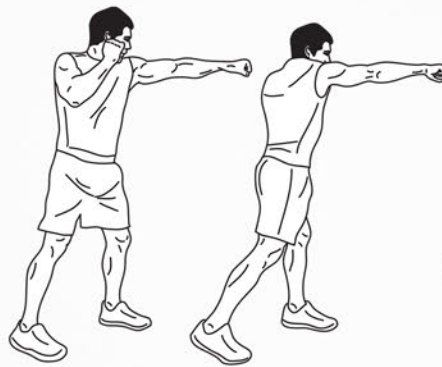
15 reps each

20 reps each

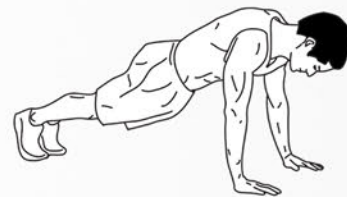
2 minutes rest between sets



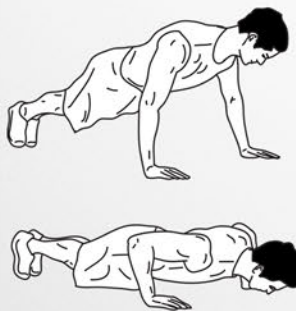
X push-ups



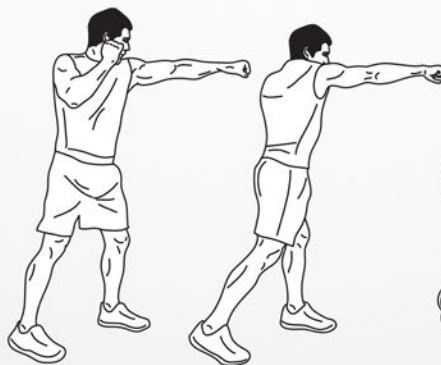
40 punches



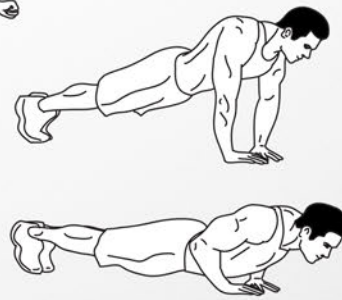
20-count plank



4 wide grip push-ups



40 punches



4 close grip push-ups

30 days of STRENGTH

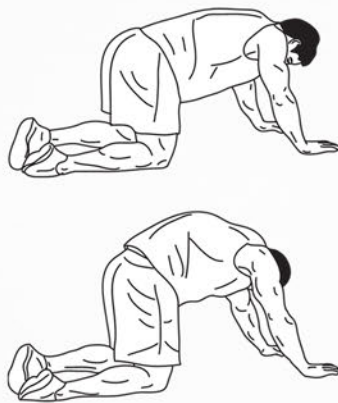
Day 24 Stretching

© darebee.com

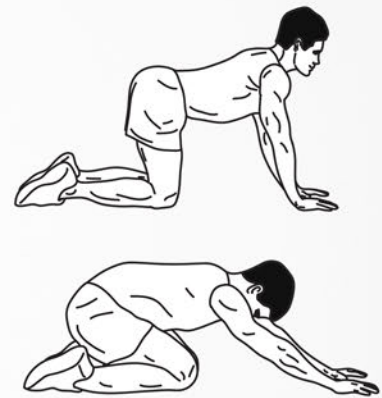
LEVEL I 12 reps LEVEL II 16 reps LEVEL III 20 reps
3 sets - all levels | 2 minutes rest between sets



back rotations



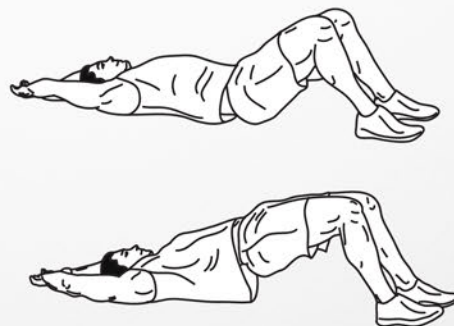
back arches



cat stretches



knee rolls



bridges

30 days of STRENGTH

Day 25 Legs

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

20 reps each

22 reps each

24 reps each

2 minutes rest between sets



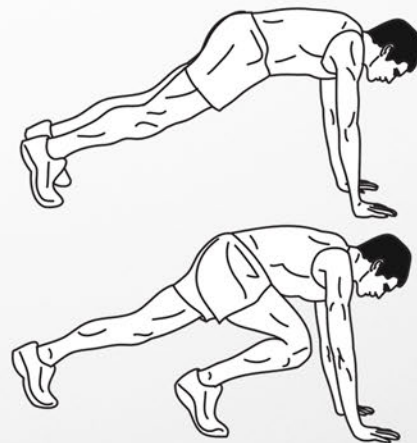
lunges



lunge step-ups



squats



slow climbers

30 days of STRENGTH

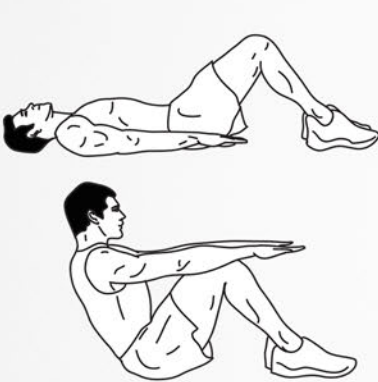
© darebee.com

Day 26

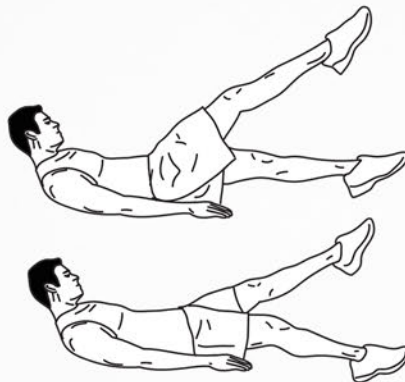
Abs, Back & Biceps

Part I Abs

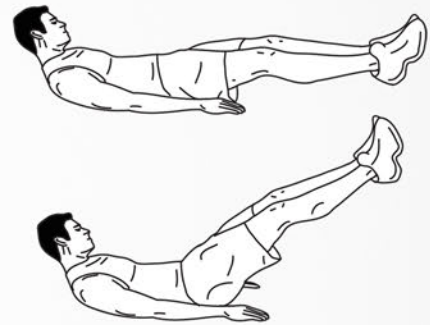
LEVEL I 20 reps LEVEL II 22 reps LEVEL III 24 reps
4 sets - all levels | 2 minutes rest between sets



sit-ups



flutter kicks

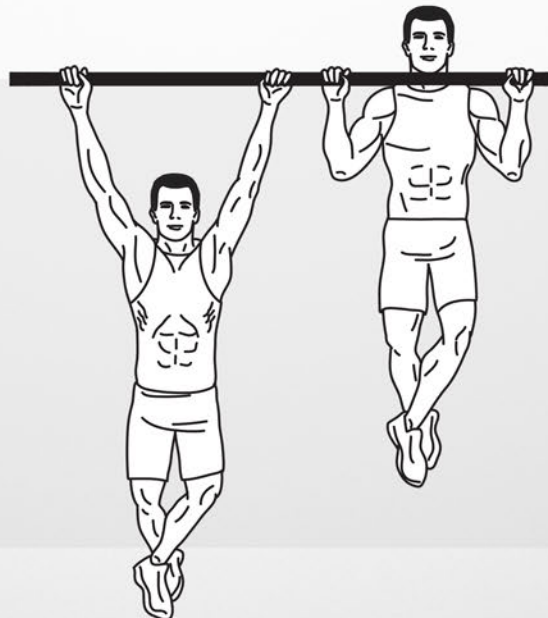


leg raises

Part II Back & Biceps

to failure pull-ups

3 sets
2 minute rest
between sets



30 days of STRENGTH

© darebee.com

Day 27

Chest & Triceps

LEVEL I 3 sets

LEVEL II 5 sets

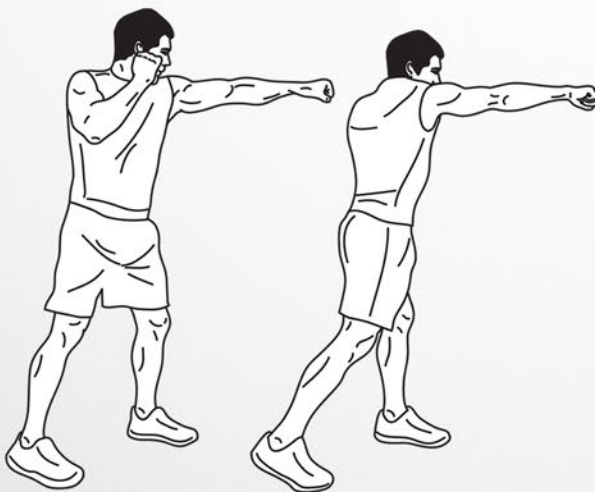
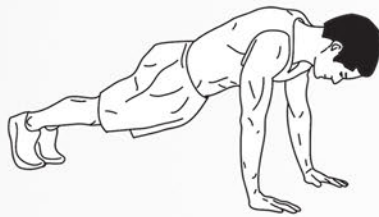
LEVEL III 7 sets

4 push-up

5 push-ups

6 push-ups

2 minutes rest between sets



X push-ups

50 punches

X push-ups

50 punches

X push-ups

50 punches

X push-ups

50 punches

rest

30 days of STRENGTH

Day 28 Tendon Strength

© darebee.com



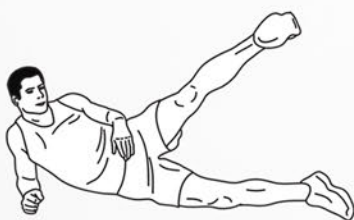
30-count hold



30 side leg raises



30 straight leg swings



30 fast kicks



30 slow kicks

Change legs after once the set is done and repeat it again.
Keep your leg off the floor throughout the sequence.

30 days of STRENGTH

© darebee.com

Day 29 Legs

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

24 reps each

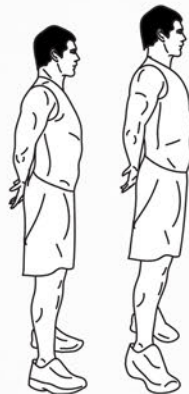
26 reps each

28 reps each

2 minutes rest between sets



squats



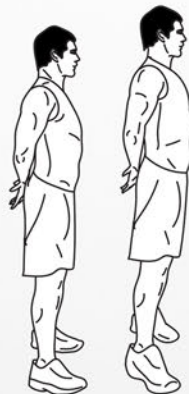
calf raises



lunges



deep side lunges



calf raises



lunge step-ups

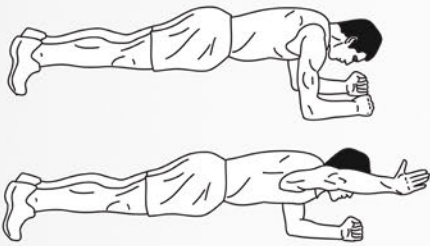
30 days of STRENGTH

Day 30

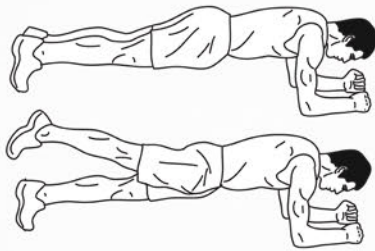
Abs & Upperbody

© darebee.com

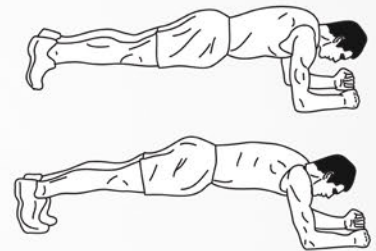
Part I LEVEL I 20 reps LEVEL II 30 reps LEVEL III 40 reps each
Abs 4 sets - all levels | 2 minutes rest between sets



plank arm raises



plank leg raises

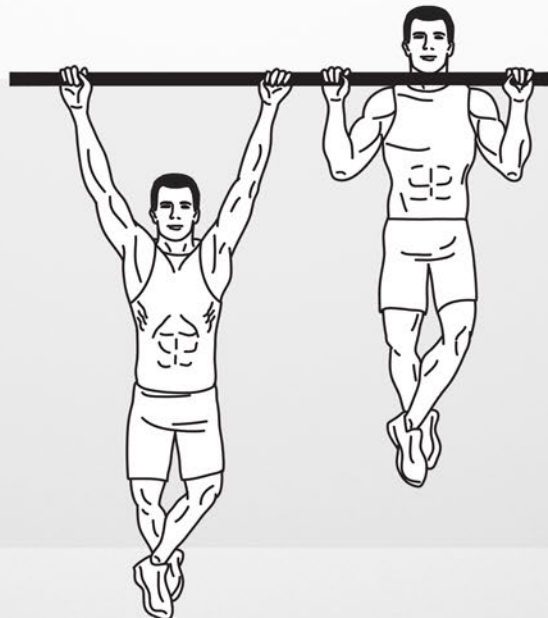


bodysaw

Part II Back & Biceps

to failure pull-ups

3 sets
2 minute rest
between sets



visual workouts and fitness programs at
DAREBEE | darebee.com

This project is supported exclusively via donations
and every dollar makes a difference.

Whatever you feel comfortable giving
it will be greatly appreciated and it will make a difference
in this project's future.

donate \$1
and help to keep this project up

PayPal



+ other options