

EXPRESS WORKOUTS

30-DAY CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5 Minute EXPRESS Pure Strength Lower Body Workout	5 Minute EXPRESS Pure Strength Upper Body Workout	5 Minute EXPRESS Standing Ab & Core Circuit	5 Minute EXPRESS Advanced HIIT Cardio - No Repeats	5 Minute EXPRESS Full Body Routine with Unconventional Exercises	5 Minute EXPRESS Beginner Cardio Workout - Low Impact	5 Minute EXPRESS Core Routine (NO PLANKS)
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
5 Minute EXPRESS Standing Side Glutes Routine	5 Minute EXPRESS Shoulders	5 Minute EXPRESS Upper Body Pull Workout	5 Minute EXPRESS Lower Body Push Focused Workout	5 Minute EXPRESS Upper Body Push Workout	5 Minute EXPRESS Lower Body Pull Focused Workout	5 Minute EXPRESS Ab Circuit
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
5 Minute EXPRESS Nonstop Standing Cardio Routine	5 Minute EXPRESS Full Body Push and Pull Workout	5 Minute EXPRESS Glutes Activation or Burnout	5 Minute EXPRESS Full Body Routine - Twisting Motions	5 Minute EXPRESS Arm Routine	5 Minute EXPRESS Lower Body HIIT Workout	5 Minute EXPRESS Upper Body HIIT Workout
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
5 Minute EXPRESS Dumbbell Ab Routine	5 Minute EXPRESS Posterior Chain Workout	5 Minute EXPRESS Legs and Calves Workout	5 Minute EXPRESS Anterior Chain Workout	5 Minute EXPRESS Tough Quad Burning Workout	5 Minute EXPRESS Shoulders - Hit All Heads With This Workout	5 Minute EXPRESS Glutes Burnout (No Squats, Deadlifts, Or Lunges)
DAY 29	DAY 30					
5 Minute EXPRESS Obliques Ab Routine	5 Minute EXPRESS Lower Body Routine with One Dumbbell					