



Hourglass Physique | 30 Day Workout Plan

Beginners= 1x, Advanced= 2x, Ninjas= 3x daily

1. Band Lateral Raises / Russian Twists / Butterfly Hip Bridges **(20, 20/20, 40)**
2. Band Scap Squeezes / Alt Cocoon Crunches / Sumo Squats **(20, 20/20, 40)**
3. Band T-Raises / Side Plank Knee-Ins / Band Jumping Jacks **(20, 20/20, 40)**
4. Band Swimmers / Feet Up Oblique Crunch / Pulsing Lunges **(20, 20/20, 20/20)**
5. Band Face Pulls / Reaching Oblique Crunch / Single Leg Hip Bridges **(20, 20/20, 20/20)**
6. Band Lateral Raises / Side Plank Knee-Ins / Step Back Lunges **(20, 20/20, 20/20)**
7. Band Scap Squeezes / Feet Up Oblique Crunch / Fire Hydrants **(20, 20/20, 20/20)**
8. Band T-Raises / Alt Cocoon Crunch / Straight Leg Kickbacks **(20, 20/20, 20/20)**
9. Band Swimmers / Russian Twist / Star Drills- 3 dots=1 rep **(20, 20/20, 20/20)**
10. Band Face Pulls / Reaching Oblique Crunch / Brick Crossovers **(20, 20/20, 20/20)**
11. Band Lateral Raises / Russian Twists / Butterfly Hip Bridges **(30, 30/30, 60)**
12. Band Scap Squeezes / Alt Cocoon Crunches / Sumo Squats **(30, 30/30, 60)**
13. Band T-Raises / Side Plank Knee-Ins / Band Jumping Jacks **(30, 30/30, 60)**
14. Band Swimmers / Feet Up Oblique Crunch / Pulsing Lunges **(30, 30/30, 30/30)**
15. Band Face Pulls / Reaching Oblique Crunch / Single Leg Hip Bridges **(30, 30/30, 30/30)**
16. Band Lateral Raises / Side Plank Knee-Ins / Step Back Lunges **(30, 30/30, 30/30)**
17. Band Scap Squeezes / Feet Up Oblique Crunch / Fire Hydrants **(30, 30/30, 30/30)**
18. Band T-Raises / Alt Cocoon Crunch / Straight Leg Kickbacks **(30, 30/30, 30/30)**
19. Band Swimmers / Russian Twist / Star Drills- 3 dots=1 rep **(30, 30/30, 30/30)**
20. Band Face Pulls / Reaching Oblique Crunch / Brick Crossovers **(30, 30/30, 30/30)**
21. Band Lateral Raises / Russian Twists / Butterfly Hip Bridges **(40, 40/40, 80)**
22. Band Scap Squeezes / Alt Cocoon Crunches / Sumo Squats **(40, 40/40, 80)**
23. Band T-Raises / Side Plank Knee-Ins / Band Jumping Jacks **(40, 40/40, 80)**
24. Band Swimmers / Feet Up Oblique Crunch / Pulsing Lunges **(40, 40/40, 40/40)**
25. Band Face Pulls / Reaching Oblique Crunch / Single Leg Hip Bridges **(40, 40/40, 40/40)**
26. Band Lateral Raises / Side Plank Knee-Ins / Step Back Lunges **(40, 40/40, 40/40)**
27. Band Scap Squeezes / Feet Up Oblique Crunch / Fire Hydrants **(40, 40/40, 40/40)**
28. Band T-Raises / Alt Cocoon Crunch / Straight Leg Kickbacks **(40, 40/40, 40/40)**
29. Band Swimmers / Russian Twist / Star Drills- 3 dots=1 rep **(40, 40/40, 40/40)**
30. Band Face Pulls / Reaching Oblique Crunch / Brick Crossovers **(40, 40/40, 40/40)**