

**31 day**  
**CHALLENGE**

bodyweight - dumbbells - odd object

**[MEMBERS ONLY]**

# ATTENTION:

**There is an explanation of each of the exercises for each workout on this page in the member's section of my Personal Coaching Program → <http://www.gymjunkies.com/personal-coaching>**

All three programs are based on a Monday, Wednesday, Friday split. OYO days are listed for Tuesday, Thursday, and Saturday, but don't be afraid to take those days off when your body tells you it needs it.

So just to be clear, the "Bodyweight", "Gym", and "Underground" programs will all use the following 31 day schedule:

## 31 Day Workout Schedule

1. Workout A
2. OYO
3. Workout B
4. OYO
5. Workout C
6. OYO
7. OFF
8. Workout D
9. OYO
10. Workout E
11. OYO
12. Workout F
13. OYO
14. OFF
15. Workout A
16. OYO
17. Workout B

18. OYO
19. Workout C
20. OYO
21. OFF
22. Workout D
23. OYO
24. Workout E
25. OYO
26. Workout F
27. OYO
28. OFF
29. Your least favorite workout of A – F
30. OFF
31. Your favorite workout of A – F.

## **“Bodyweight” Program**

Workout A: Pull Ups, Lunge Jumps, Plyometric Push Ups, Squat Jumps, Body Row, Lunges, Push Ups, Squats. Do each movement one after the other without rest. Complete maximum repetitions of each movement or 25 reps, which ever comes first. Take a one minute break after the Squats. Repeat 3 – 5 times.

Workout B: 5 Pull Ups, 10 Push Ups, 15 Squats. Repeat as many rounds as possible in 15 minutes.

Workout C: 20 Walking Lunges, 5 Burpees. Repeat 5 times.

Workout D: Burpees: max reps in 10 minutes.

Workout E: 3 Handstand Push Ups, 3 L-sit Pull Ups, 3 Single Leg Squats (that’s 3 each leg). Repeat as many rounds as possible in 20 minutes. If these movements are too difficult repeat workout C or post your specific situation in the forum and I’ll recommend adjustments.

Workout F: Opposing Ladders of Divebombers and Tuck Jumps. 10 – 1 Divebombers, 1 – 10 Tuck Jumps.

EX... 10 Divebombers 1 tuck jump  
9 Divebombers 2 tuck jumps  
8 divebombers 3 tuck jumps  
continue this until you get to 1 divebomber and 10 tuck jumps.... rest as needed.

## **“Gym” Program**

Workout A: Thrusters, Hang High Pull, Burpees. Repeat each movement in the given order for 18, 12, 6 reps. Complete as fast as possible (rest as needed) and track your time.

Workout B: Pull Ups, Jump Rope, Bench press, Jump Rope, Bent Over Row, Jump Rope, Dips, Jump Rope. For the Bench Press and Bent Over Row, use weight that allows about 8 reps on the first set. For the Pull Ups and Dips, do maximum repetitions up to 20 (For any beasts out there that can do 20 Pull Ups). For the jump rope, go as fast as you can for 30 seconds, then rest 30 seconds, then get right to the next exercise. Repeat the entire cycle three times.

Workout C: Squat. Yep, that’s it. And that should be plenty if you use maximum effort. Stick with weight that allows 5 – 8 repetitions for each set. Rest no longer than 90 seconds between sets. Complete 5 sets.

Workout D: 1 Arm Push Press supersetted with Suit Case Deadlift. Use a dumbbell that allows 8 repetitions for the first set. You should need two different dumbbells, a lighter one for the push press and a heavier one for the suit case lift. Do the drill from opposing sides as follows: Left Push Press, Right Suitcase Lift, Right Push Press, Left Suitcase Lift. Repeat equal repetitions with both sides. Rest for one minute after the cycle is complete. Repeat 5 times.

Workout E: Pull Ups x max reps, Hang Power Snatch x 5, Dumbbell Bench Press x 8, Hang Power Snatch x 5, rest one minute. Repeat 3 – 5 times.

Workout F: Lunge. Again, that’s it. Use a weight that allows 5 – 8 repetitions each leg. Rest no longer than 90 seconds between sets. Complete 5 sets. You may use either dumbbells or a barbell. I recommend alternating each leg from rep to rep.

## **“Under Ground” Program**

Workout A: Sandbag throw and chase, flying burpee, bearcrawl. Repeat 4 – 8 times.

Workout B: Kettlebell swing x 20, Single Clean and Press plus Overhead Squat x 5 each side, Snatch x 5 each side, Swing x 20. Rest 1 – 2 minutes. Repeat for three sets.

Workout C: Opposing ladders of Kipping Pull Ups and Burpee-Box Jumps. 10 – 1 kipping pull ups and 1 – 10 Burpee Box Jumps.

Workout D: Sledge Hammer right, Tuck Jumps, Sledge Hammer left, Sandbag Clean. Do 30 seconds of work followed by 30 seconds of rest. You may take a full one minute break (or longer) after the Sandbag cleans if necessary. Repeat for 3 or sets.

Workout E: Alternating Kettlebell Snatch plus Turkish Get Up. Complete as many reps as possible in 12 minutes, rest as needed.

Workout F: Kipping Pull Ups x 10, Sprint, Box Jumps x 10, Sprint. Repeat 3 – 5 times.