

30-DAY WORKOUT PROGRAM

JESSE ZOGG - TONING INTERMEDIATE OPTION 1

DAY 1 Full Body Circuit	DAY 2 Lower Body Hamstrings & Glutes	DAY 3 Upper Body Back & Biceps	DAY 4 Lower Body Inner Thigh & Quads	DAY 5 Full Body EMOM
DAY 6 Core AMRAP	DAY 7 Rest Day	DAY 8 Full Body AMRAP	DAY 9 Upper Body Shoulders & Triceps	DAY 10 Lower Body Quads & Glutes
DAY 11 Core EMOM	DAY 12 Full Body Circuit 2	DAY 13 Lower Body Super Sets	DAY 14 Rest Day	DAY 15 Full Body Circuit
DAY 16 Lower Body Hamstrings & Glutes	DAY 17 Upper Body Back & Biceps	DAY 18 Lower Body Inner Thigh & Quads	DAY 19 Full Body EMOM	DAY 20 Core AMRAP
DAY 21 Rest Day	DAY 22 Full Body AMRAP	DAY 23 Upper Body Shoulders & Triceps	DAY 24 Lower Body Quads & Glutes	DAY 25 Core EMOM
DAY 26 Full Body Circuit 2	DAY 27 Lower Body Super Sets	DAY 28 Rest Day	DAY 29 Full Body Circuit	DAY 30 Lower Body Hamstrings & Glutes