

# 30 DAY BURN PROGRAM

## NATE DARY



<p><b>DAY 1</b></p> <p><b><u>UPPER BODY STRENGTH</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 2</b></p> <p><b><u>LOWER BODY STRENGTH</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 3</b></p> <p><b><u>ABDOMINAL STRENGTH</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 4</b></p> <p><b>REST</b></p> <p>Active Recovery</p>	<p><b>DAY 5</b></p> <p><b><u>FULL BODY STRENGTH CIRCUIT</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>
<p><b>DAY 6</b></p> <p><b><u>MOBILITY 1</u></b></p> <p>Equipment Needed: None</p>	<p><b>DAY 7</b></p> <p><b>REST</b></p> <p>Active Recovery</p>	<p><b>DAY 8</b></p> <p><b><u>UPPER BODY ENDURANCE</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 9</b></p> <p><b><u>LOWER BODY ENDURANCE</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 10</b></p> <p><b><u>ABDOMINAL ENDURANCE</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>
<p><b>DAY 11</b></p> <p><b>REST</b></p> <p>Active Recovery</p>	<p><b>DAY 12</b></p> <p><b><u>FULL BODY ENDURANCE CIRCUIT</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 13</b></p> <p><b><u>MOBILITY 2</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 14</b></p> <p><b>REST</b></p> <p>Active Recovery</p>	<p><b>DAY 15</b></p> <p><b><u>UPPER BODY STRENGTH</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>
<p><b>DAY 16</b></p> <p><b><u>LOWER BODY STRENGTH</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 17</b></p> <p><b><u>ABDOMINAL STRENGTH</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 18</b></p> <p><b>REST</b></p> <p>Active Recovery</p>	<p><b>DAY 19</b></p> <p><b><u>FULL BODY STRENGTH CIRCUIT</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 20</b></p> <p><b><u>MOBILITY 1</u></b></p> <p>Equipment Needed: None</p>
<p><b>DAY 21</b></p> <p><b>REST</b></p> <p>Active Recovery</p>	<p><b>DAY 22</b></p> <p><b><u>UPPER BODY ENDURANCE</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 23</b></p> <p><b><u>LOWER BODY ENDURANCE</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 24</b></p> <p><b><u>ABDOMINAL ENDURANCE</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 25</b></p> <p><b>REST</b></p> <p>Active Recovery</p>
<p><b>DAY 26</b></p> <p><b><u>FULL BODY ENDURANCE CIRCUIT</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 27</b></p> <p><b><u>MOBILITY 2</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 28</b></p> <p><b>REST</b></p> <p>Active Recovery</p>	<p><b>DAY 29</b></p> <p><b><u>UPPER BODY STRENGTH</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>	<p><b>DAY 30</b></p> <p><b><u>LOWER BODY STRENGTH</u></b></p> <p>Equipment Needed:  <ul style="list-style-type: none"> <li>• Dumbbells</li> <li>• Resistance Bands</li> </ul> </p>