

# 30-DAY WORKOUT PROGRAM

## JESSE ZOGG - TONING INTERMEDIATE OPTION 1

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