

evolvX

BUILDING
BASICS

30 DAYS OF BUILDING BASICS

This 30-day workout plan is tailored for complete beginners looking to gradually build strength, endurance, stamina and mobility. Starting with 15-minute workouts and progressing to 40-minute sessions, we will use light weight dumbbells to learn and master the movements.

The program culminates with two challenging workouts from the next level beginner program, designed to help assess readiness for progression to the bootcamp program.

WEEK 1	Mon	Lowerbody Basics
	Tue	Upperbody Basics
	Wed	Break Day
	Thu	Cardio Drill
	Fri	Core Strength
	Sat	Knee focus mobility & Shoulder focus Mobility (10mins mobility series)
	Sun	Break Day

WEEK 2	Mon	Lowerbody Basics
	Tue	Upperbody Basics
	Wed	Cardio Drill
	Thu	Core Strength
	Fri	Fullbody Power
	Sat	Fullbody mobility 1 & Ankle & Wrist focus mobility (10 min mobility series)
	Sun	Break Day

WEEK 3	Mon	Upperbody Strength
	Tue	Lowerbody Strength
	Wed	Break Day
	Thu	Cardio & Core
	Fri	Pulse & Strength
	Sat	Fullbody mobility 2 (10min mobility series)
	Sun	Break Day

WEEK 4	Mon	Fullbody Power
	Tue	Upperbody Strength
	Wed	Lowerbody Strength
	Thu	Cardio & Core
	Fri	Pulse & Strength
	Sat	Break Day
	Sun	Break Day

WEEK 5	Mon	The Power of Basics (Bootcamp program)
	Tue	Pure Strength (Bootcamp program)