

# 30-Day Bodyweight Strength Training Routine

## Week 1

1 *Upper Body*

2 *Lower Body*

3 *Core*

4 *Cardio*

5 *Upper Body + Lower Body*

6 *Cardio + Core*

7 *Rest*

## Week 2

8 *Cardio + Core*

9 *Lower Body*

10 *Upper Body*

11 *Rest*

12 *Cardio + Core*

13 *Upper Body + Lower Body*

14 *Rest*

## Week 3

15 *Core*

16 *Rest*

17 *Upper Body + Lower Body + Core*

18 *Cardio*

19 *Core + Upper Body*

20 *Lower Body*  
*Try an advanced move*

21 *Rest*

## Week 4

22 *Upper Body*  
*Try an advanced move*

23 *Core + Lower Body*

24 *Cardio*

25 *Rest*

26 *Upper Body + Lower Body*

27 *Core + Cardio*

28 *Rest*

## Week 5

29 *Upper Body*

30 *Lower Body*

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