



# 30 Day LBD

[www.andrea-szodruch.de](http://www.andrea-szodruch.de)

Tag 1 30 Sek. Plank / 10 Dips /  
10 Mountainclimbers

Tag 2 20 Jumpingjack/10 Pushups  
10 Highknee

Tag 3 20 Squats / 20Lunges /  
20 Bridge

Tag 4 Pause

Tag 5 40 Sek Plank / 15 Dips  
20 Mountainclimber

Tag 6 25 JJ / 20 Pushups /  
20 Highknees

Tag 7 25 Bridges / 30 Squats /  
30 Lunges

Tag 8 Pause

Tag 9 60 Sek Plank / 25 Dips  
25 Mountainclimber

Tag 10 30 JJ / 30 Pushups/  
30 Highknees

Tag 11 30 Bridges / 30 Lunges/  
30 Squats

Tag 12 Pause

Tag 13 70 sek Plank / 30 Dips /  
30 Mountainclimber

Tag 14 35 JJ / 35 Pushups/  
35 Highknees

Tag 15 35 Bridges / 35 Lunges /  
35 Squats

Tag 16 Pause

Tag 17 80 Sek Plank / 40 Dips  
40 Mountauinclimber

Tag 18 40 JJ / 40 Pushups /  
40 Highknees

Tag 19 40 Bridges / 40 Lunges /  
40 Squats

Tag 20 Pause

Tag 21 90 Sek Plank / 45 Dips  
45 Mountainclimber

Tag 22 45 JJ / 45 Pushups/  
45 Highknees

Tag 23 45 Bridges / 45 Lunges /  
45 Squats

Tag 24 Pause

Tag 25 100 Sek Plank / 50 Dips  
50 Mountainclimber

Tag 26 50 JJ / 50 Pushups /  
50 Highknees

Tag 27 50 Bridges / 50 Lunges /  
50 Squats

Tag 28 Pause

Tag 29 60 Dips / 60 JJ  
60 Mountaincimber

Tag 30 60 Highknees / 60 Squats /  
60 Lunges