

Norbert's 30 Days - 30 Workouts

**STRIP
THE fat**

**BE LIGHTER
BY 5 KILOS!**

Break the Monotony....Make Exercising Fun

DAY	WORKOUT	DIET
DAY 1	Calisthenics drills	Initiate the 30 days long "healthy eating" process by learning the nuances of eating right as you eat "simple" and "light"!
DAY 2	Fat blaster dumbbell workout	
DAY 3	Total body toner	
DAY 4	Hips, hips away workout	
DAY 5	Fat blasting strength circuit	
DAY 6	Trubulance workout	
DAY 7	Upper body strength moves	Monotony in eating is avoided by providing you food combos you scarcely were aware of !!!
DAY 8	Total body fat blast	
DAY 9	Arm toning workout routine	
DAY 10	Bodyweight circuit bootcamp	
DAY 11	Hips, leg workout	
DAY 12	Cardio bootcamp workout	
DAY 13	Fat burning circuit workout	A protein - rich diet is emphasized during this phase to balance your high-intensity workout and to raise your metabolic rate.
DAY 14	Fat burning dumbbell workout	
DAY 15	Fat burning leg workout	
DAY 16	Fat loss supersets workout	
DAY 17	Full body circuit workout	
DAY 18	Hot abs bootcamp	
DAY 19	Interval cardio arm workout	The increase in muscle tissue and inch loss is enchanced by the variety in food during the penultimate 2 weeks.
DAY 20	Interval cardio chest workout	
DAY 21	Interval cardio leg workout	
DAY 22	Interval cardio back workout	
DAY 23	Lose belly fat bootcamp	
DAY 24	Weight loss superset workout	
DAY 25	Metabolic surge workout	The final phase - when you can actually "see" success - and are tempted to go astray.... Stay in there, and "feel" the benefits of fruits and vegetable in your life!
DAY 26	Functional fitness workout	
DAY 27	High intensity interval training	
DAY 28	Sleeker thighs workout	
DAY 29	Hips, waist, thighs workout	
DAY 30	Quikie calorie blaster workout	