



BRISBANE BARSTUDS

LUCKY DIP 30-DAY WORKOUT

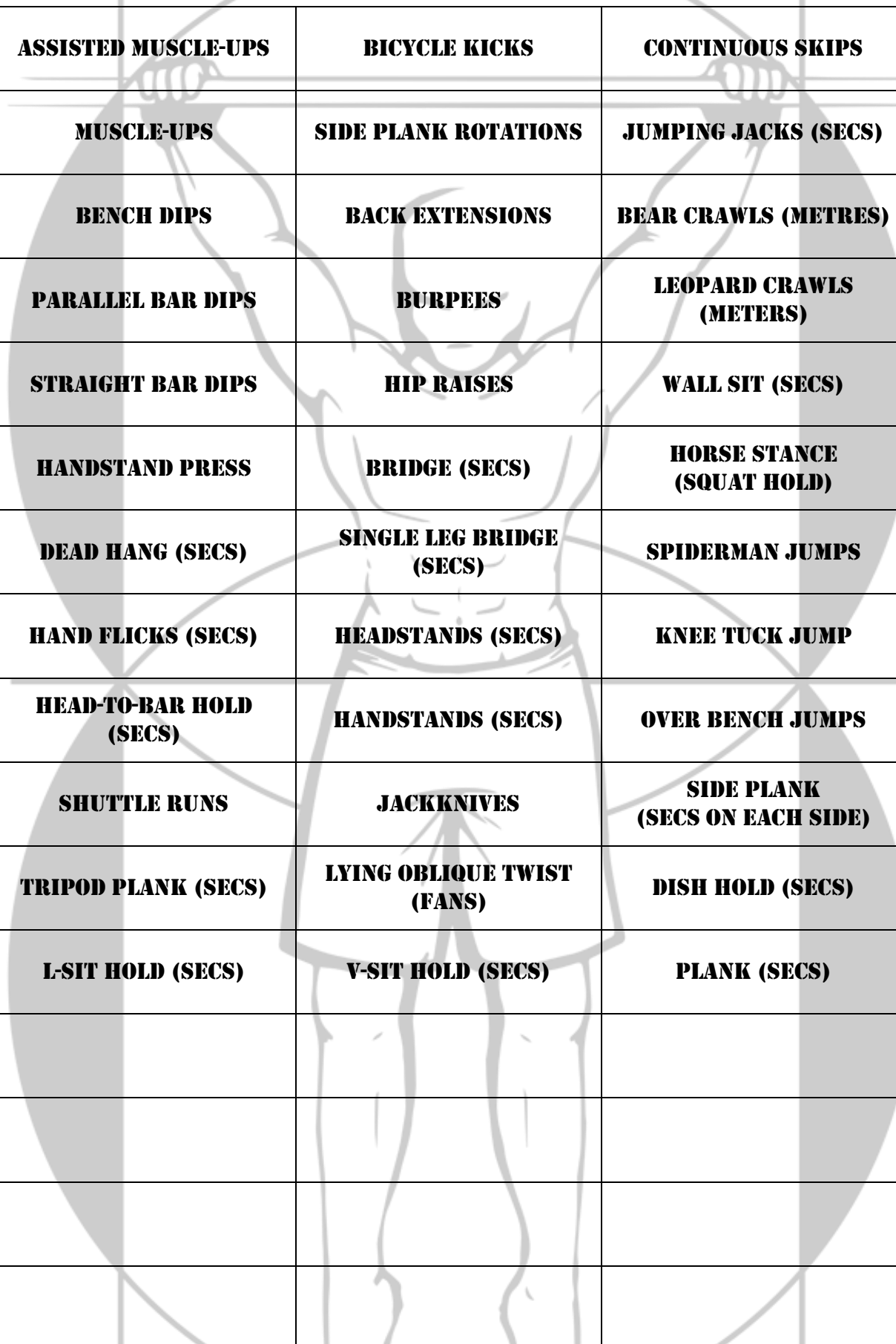
- 1. Print out the exercises and cut along the lines.**
- 2. Blank strips can be used to add your own exercises.**
- 3. Fold each piece of paper up and throw into a container.**
- 4. At the start of every day, pull out 4 strips.**
- 5. Pick a Level**
 - I. Level 1 - 30 Reps**
 - II. Level 2 - 50 Reps**
 - III. Level 3 - 80 Reps**
 - IV. Level 4 - 110 Reps**
 - V. Beast - 150 Reps**
- 6. Complete the amount of reps (some exercises are measured in seconds or metres) specified by your chosen level.**
- 7. Reps must be completed within 24 hours of pulling them from the bowl.**
- 8. Strips go back into the container before the next draw.**
- 9. You get 3 rest days. Use them wisely. Rest days do not count towards your 30 days (i.e., if you rest after day 15, the next day you work out will be day 16)**

BRISBANE BARSTUDS

LUCKY DIP WORKOUT EXERCISES

#LD30

ASSISTED PULL-UPS	CRUNCHES	SQUATS
UNASSISTED PULL-UPS	OBLIQUE CRUNCHES	JUMP SQUATS
WIDE PULL-UPS	RUSSIAN TWISTS	PISTOL/SINGLE LEG SQUATS
NARROW PULL-UPS	SEATED FLUTTERS	SUMO SQUATS
AUSTRALIAN PULL-UPS (INVERTED ROWS)	LYING FLUTTERS	SIDE SQUATS
CHIN-UPS	HANGING FLUTTERS	30S SQUATS (HALF NO. OF REPS)
PUSH-UPS	LYING HEEL TOUCH	KNEE TUCK SQUAT JUMPS
SPIDERMAN PUSH-UPS	HANGING SIT-UPS	LUNGES
WIDE PUSH-UPS	SIT-UPS	JUMPING LUNGES
ELEVATED PUSH-UPS	FULL R.O.M. SIT UPS	ELEVATED LUNGES
DIAMOND PUSH-UPS	SIDE BASTARDS (OBLIQUE DIPS)	CALF RAISES (HEELS IN)
EXPLOSIVE PUSH-UPS	KNEE TUCKS	CALF RAISES (HEELS OUT)
SINGLE ARM PUSH-UPS	LYING LEG RAISES	CALF RAISES (NEUTRAL)
TRIPOD PUSHUPS	HANGING LEG RAISES	HIGH KNEES (SECS)



ASSISTED MUSCLE-UPS	BICYCLE KICKS	CONTINUOUS SKIPS
MUSCLE-UPS	SIDE PLANK ROTATIONS	JUMPING JACKS (SECS)
BENCH DIPS	BACK EXTENSIONS	BEAR CRAWLS (METRES)
PARALLEL BAR DIPS	BURPEES	LEOPARD CRAWLS (METERS)
STRAIGHT BAR DIPS	HIP RAISES	WALL SIT (SECS)
HANDSTAND PRESS	BRIDGE (SECS)	HORSE STANCE (SQUAT HOLD)
DEAD HANG (SECS)	SINGLE LEG BRIDGE (SECS)	SPIDERMAN JUMPS
HAND FLICKS (SECS)	HEADSTANDS (SECS)	KNEE TUCK JUMP
HEAD-TO-BAR HOLD (SECS)	HANDSTANDS (SECS)	OVER BENCH JUMPS
SHUTTLE RUNS	JACKKNIVES	SIDE PLANK (SECS ON EACH SIDE)
TRIPOD PLANK (SECS)	LYING OBLIQUE TWIST (FANS)	DISH HOLD (SECS)
L-SIT HOLD (SECS)	V-SIT HOLD (SECS)	PLANK (SECS)