

BEGINNER WORKOUT PLAN

4 DAYS/WEEK

WEEK 1	01 Beginner Legs <i>20 Minutes</i>	02 Beginner Arms <i>20 Minutes</i>	03 <i>Rest Day</i> Recovery Yoga <i>10 Minutes</i>	04 Full Body Strength <i>30 Minutes</i>	05 Beginner HIIT and Beginner Cardio <i>20 Minutes</i>	06 <i>Rest Day</i>	07 <i>Rest Day</i>
WEEK 2	08 No Lunge Leg Day <i>30 Minutes</i>	09 Standing Arms <i>20 Minutes</i>	10 <i>Rest Day</i> Mobility <i>5 Minutes</i>	11 Beginner Strength <i>25 Minutes</i>	12 Standing Cardio and Beginner Abs <i>20 Minutes</i>	13 <i>Rest Day</i>	14 <i>Rest Day</i>
WEEK 3	15 Dumbbell Legs <i>25 Minutes</i>	16 Upper Body and Shoulders, Bis + Tris <i>20 Minutes</i>	17 <i>Rest Day</i> Back Stretches <i>5 Minutes</i>	18 Standing Strength <i>25 Minutes</i>	19 Standing Cardio and Pilates Abs <i>20 Minutes</i>	20 <i>Rest Day</i>	21 <i>Rest Day</i>
WEEK 4	22 No Jumping Leg Day <i>30 Minutes</i>	23 Standing Arms + Abs <i>20 Minutes</i>	24 <i>Rest Day</i> Mobility <i>15 Minutes</i>	25 Full Body Strength At-Home <i>30 Minutes</i>	26 Zone 2 Cardio and Dead Bug Abs <i>20 Minutes</i>	27 <i>Rest Day</i>	28 <i>Rest Day</i>
WEEK 5	29 Beginner Full Body and Glutes <i>20 Minutes</i>	30 LISS Cardio with Weights <i>30 Minutes</i>	INSTRUCTIONS: <i>Click the bold text on each day to access the full workout + guided video on nourishmoveandlove.com.</i>				