

BEGINNER WORKOUT PLAN

5 DAYS/WEEK

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