

BEGINNER 30-Day Workout Challenge

01 Lower Body Strength 30 Mintues	02 6 Exercises for Toned Arms optional: low impact cardio 20-30 Minutes	03 Power Yoga + Barre Butt + Abs 25 Minutes	04 Rest Day OR Prenatal Yoga Flow OR Energizing Yoga Flow 10-20 Minutes	05 7 Best Strength Training Exercises 30 Minutes	06 Outdoor Run/Walk + Strength 35 Minutes	07 <i>Rest Day</i>
08 Resistance Band Legs OR Glute Toning Barre optional: 10-min Abs 20-30 Mintues	09 Sculpted Arms Dumbbell Workout optional: run/walk or low impact cardio 20-30 Mintues	10 Barre HIIT Fusion 30 Mintues	11 Rest Day OR Prenatal Yoga Flow OR Morning Yoga Flow 10-20 Minutes	12 Low Impact Strength + Cardio 30 Minutes	13 Outdoor Run/Walk + Tone 30 Minutes	14 <i>Rest Day</i>
15 Lower Body Strength 30 Mintues	16 5 Best Upper Body Exercises optional: power walk or low impact cardio 20-30 Minutes	17 Glider Barre 30 Minutes	18 Rest Day OR Prenatal Yoga Flow OR Power Yoga 10-20 Minutes	19 7 Total Body Strength Exercises 30 Minutes	20 Outdoor Run/Walk + Strength 35 Minutes	21 <i>Rest Day</i>
22 Resistance Band Legs OR Glute Toning Barre optional: 10-min Abs 20-30 Mintues	23 Upper Body Superset 30 Minutes	24 Power Yoga + Barre Butt + Abs 25 Minutes	25 Rest Day OR Prenatal Yoga Flow OR HIIT Cardio Yoga 10-20 Minutes	26 Low Impact Barre Cardio optional: Core Recovery Workout 30 Minutes	27 Outdoor Run/Walk + Tone 30 Minutes	28 <i>Rest Day</i>
29 6 Exercises to Tone Abs, Butt + Thighs 20-30 Minutes	30 Sculpted Arms Dumbbell Workout 20-30 Mintues	<p><i>Click the bold text on each day to access the full workout + video on nourishmovelove.com And be sure to tag @nourishmovelove on social</i></p>				