

# BEGINNER STRENGTH *Workout Challenge*

01 <b>Leg Day Strength Workout</b> 30 Minutes	02 <b>Upper Body Strength</b> 30 Minutes	03 <b>Rest day</b> <i>OR</i> <b>Power Yoga</b> <i>OR</i> <b>Recovery Yoga</b> 15-20 Minutes	04 <b>Low Impact HIIT Cardio</b> <i>and</i> <b>Beginner Abs</b> 20 Minutes	05 <b>6 Glute Toning Barre Moves</b> optional: 10-Min Barre Butt + Abs 20-30 Minutes	06 <b>5 Best Upper Body Exercises</b> optional: 10-20 Min run/jog/walk 20-30 Minutes	07 <i>Rest Day</i>
08 <b>Lower Body Strength</b> 30 Minutes	09 <b>Arm Day Strength Workout</b> <i>email list exclusive!</i> 30 Minutes	10 <b>Rest day</b> <i>OR</i> <b>Cardio Barre</b> <i>OR</i> <b>Morning Yoga Flow</b> 15-20 Minutes	11 <b>7 Best Strength Training Exercises</b> 30 Minutes	12 <b>Barre Buns + Thighs</b> optional: 7 Exercises for Core Strength 20-30 Minutes	13 <b>6 Exercises for Toned Arms</b> optional: 10-Min Low Impact Cardio 20-30 Minutes	14 <i>Rest Day</i>
15 <b>Leg Day Strength Workout</b> 30 Minutes	16 <b>Upper Body Strength</b> 30 Minutes	17 <b>Rest day</b> <i>OR</i> <b>Power Yoga</b> <i>OR</i> <b>Recovery Yoga</b> 15-20 Minutes	18 <b>Low Impact HIIT Cardio</b> <i>and</i> <b>Beginner Abs</b> 20 Minutes	19 <b>Abs + Butt + Thighs</b> 20-30 Minutes	20 <b>Sculpted Arms</b> optional: 10-20 Min run/jog/walk 20-30 Minutes	21 <i>Rest Day</i>
22 <b>Lower Body Strength</b> 30 Minutes	23 <b>Arm Day Strength Workout</b> <i>email list exclusive!</i> 30 Minutes	24 <b>Rest day</b> <i>OR</i> <b>Low Impact Cardio Barre</b> 20 Minutes	25 <b>Low Impact Strength + Cardio</b> 30 Minutes	26 <b>Strictly Strength Lower Body</b> optional: 10-Min Barre Butt + Abs 20-30 Minutes	27 <b>5 Best Upper Body Exercises</b> optional: 10-Min Low Impact Cardio 20-30 Minutes	28 <i>Rest Day</i>
29 <b>Barre Class At-Home</b> optional: 7 Exercises for Core Strength 20 Minutes	30 <b>7 Resistance Training Exercises</b> 30 Minutes	<p><i>Click the bold text on each day to access the full workout on <a href="http://nourishmove.com">nourishmove.com</a></i>  <i>And be sure to tag @nourishmove on social!</i></p>				