

30-DAY *Workout Plan For Women*

01 Lower Body Strength + Cardio 30 Minutes	02 Arm Day Strength <i>email list exclusive!</i> 30 Minutes	03 Low Impact Cardio and 10-Min Abs 25 Minutes	04 Total Body Pyramid 30 Minutes	05 Cardio Barre <i>Optional: Barre Core</i> 20 Minutes	06 Full Body HIIT 20 Minutes	07 <i>Rest Day</i>
08 Leg Day Strength 30 Minutes	09 Upper Body Strength + Cardio 30 Minutes	10 Low Impact Cardio Barre and Power Yoga 30 Minutes	11 Total Body HIIT with Dumbbells 30 Minutes	12 Power Barre 30 Minutes	13 HIIT Pyramid with Dumbbells <i>Optional: Super 7 Core</i> 30 Minutes	14 <i>Rest Day</i>
15 Lower Body Strength + Cardio 30 Minutes	16 Arm Day Strength Workout <i>email list exclusive!</i> 30 Minutes	17 HIIT Cardio and 10-Min Abs 25 Minutes	18 Full Body HIIT Pyramid 35 Minutes	19 Cardio Barre <i>Optional: Barre Core</i> 20 Minutes	20 Full Body HIIT 20 Minutes	21 <i>Rest Day</i>
22 Leg Day Strength 30 Minutes	23 Upper Body Strength + Cardio 30 Minutes	24 Low Impact Cardio Barre and Power Yoga 30 Minutes	25 Total Body Pyramid 30 Minutes	26 Power Barre 30 Minutes	27 HIIT Pyramid with Dumbbells <i>Optional: Super 7 Core</i> 30 Minutes	28 <i>Rest Day</i>
29 Full Body HIIT Pyramid 35 Minutes	30 Bodyweight HIIT Cardio and Power Yoga 25 Minutes	<p><i>Click the bold text on each day to access the full workout on nourishmovelove.com</i></p> <p><i>And be sure to tag @nourishmovelove on social!</i></p>				