

# 30-DAY *Workout Plan For Women*

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