

# POSTPARTUM

# Workout Plan

01 <b>8 Yoga Poses + 10-Min Beginner Abs</b> 20 Minutes	02 <b>Low Impact Cardio Barre</b> <i>Optional: 7 Postpartum Core Exercises</i> 15 Minutes	03 <b>Active Rest</b> <i>Goal: 20-30 Minute Walk</i>	04 <b>Total Body Strength</b> 30 Minutes	05 <b>Active Rest</b> <i>Goal: 20-30 Minute Walk</i>	06 <b>15-Min Low Impact HIIT Cardio</b> <i>Optional: Beginner Abs</i> 15 Minutes	07 <i>Rest Day</i>
08 <b>10 Yoga Poses + 10-Min Beginner Abs</b> 20 Minutes	09 <b>Leg Day Strength</b> 30 Minutes	10 <b>Active Rest</b> <i>Goal: 20-30 Minute Walk</i>	11 <b>Arm Day Strength</b> <i>Email List Exclusive!</i>	12 <b>Active Rest</b> <i>Goal: 20-30 Minute Walk</i>	13 <b>10-Min Low Impact HIIT Cardio and Beginner Abs</b> 20 Minutes	14 <i>Rest Day</i>
15 <b>7 Strength Training Exercises</b> 30 Minutes	16 <b>Low Impact HIIT Cardio</b> <i>Optional: Beginner Abs</i> 15 Minutes	17 <b>Active Rest</b> <i>Goal: 20-30 Minute Walk</i>	18 <b>Low Impact Cardio Barre</b> <i>Optional: 7 Postpartum Core Exercises</i> 15 Minutes	19 <b>Active Rest</b> <i>Goal: 20-30 Minute Walk</i>	20 <b>5 Best Upper Body Exercises and Beginner Abs</b> 20 Minutes	21 <i>Rest Day</i>
22 <b>Barre Class</b> <i>Optional: 7 Postpartum Core Exercises</i> 20 Minutes	23 <b>Arm Day Strength</b> <i>Email List Exclusive!</i>	24 <b>Active Rest</b> <i>Goal: 20-30 Minute Walk</i>	25 <b>Leg Day Strength</b> 30 Minutes	26 <b>Active Rest</b> <i>Goal: 20-30 Minute Walk</i>	27 <b>Power Yoga</b> <i>Optional: Beginner Abs</i> 15 Minutes	28 <i>Rest Day</i>
29 <b>Strength Training Circuit</b> 30 Minutes	30 <b>15-Min Low Impact HIIT Cardio</b> <i>Optional: Beginner Abs</i> 15 Minutes	<p><i>Click the bold text on each day to access the full workout on <a href="https://nourishmoveandlove.com">nourishmoveandlove.com</a></i> <i>And be sure to tag @nourishmoveandlove on social!</i></p>				