## POSTPARTUM Workout Plan

8 Yoga Poses + 10-Min Beginner Abs 20 Minutes	02 Low Impact Cardio Barre Optional: 7 Postpartum Core Exercises 15 Minutes	Active Rest Goal: 20-30 Minute Walk	Total Body Strength 30 Minutes	Active Rest Goal: 20-30 Minute Walk	15-Min Low Impact HIIT Cardio Optional:Beginner Abs 15 Mintues	07 Rest Day
10 Yoga Poses + 10-Min Beginner Abs 20 Minutes	Leg Day Strength 30 Minutes	Active Rest Goal: 20-30 Minute Walk	Arm Day Strength Email List Exclusive!	Active Rest Goal: 20-30 Minute Walk	10-Min Low Impact HIIT Cardio and Beginner Abs 20 Mintues	14  Rest Day
7 Strength Training Exercises 30 Minutes	Low Impact HIIT Cardio Optional:Beginner Abs 15 Mintues	Active Rest Goal: 20-30 Minute Walk	Low Impact Cardio Barre Optional: 7 Postpartum Core Exercises 15 Minutes	Active Rest Goal: 20-30 Minute Walk	5 Best Upper Body Exercises and Beginner Abs 20 Mintues	21  Rest Day
Barre Class  Optional: 7 Postpartum Core Exercises  20 Minutes	Arm Day Strength Email List Exclusive!	24 Active Rest Goal: 20-30 Minute Walk	Leg Day Strength 30 Minutess	26 Active Rest Goal: 20-30 Minute Walk	27 Power Yoga Optional:Beginner Abs 15 Mintues	28  Rest Day

Strength **Training Circuit** 

29

15-Min Low Impact HIIT Cardio 30 Minutes

30

Optional:Beginner Abs 15 Mintues

Click the bold text on each day to access the full workout on nourishmovelove.com And be sure to tag @nourishmovelove on social!

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