

PREGNANCY *Workout Plan*

01 Prenatal Strength Workout 30 Minutes	02 Low Impact HIIT AND Prenatal Core 25 Minutes	03 Lower Body Strength 30 Minutes	04 Rest Day OR Recovery Yoga 10 Minutes	05 Upper Body Strength 30 Minutes	06 Cardio Barre 20 Minutes	07 <i>Rest Day</i>
08 7 Best Strength Exercises 30 Minutes	09 Power Yoga AND Prenatal Core 25 Minutes	10 Barre Legs 20 Minutes	11 Rest Day OR Prenatal Yoga 15 Minutes	12 Mommy Cardio AND 10-Min Arms 20-30 Minutes	13 Cardio Barre 30 Minutes	14 <i>Rest Day</i>
15 Prenatal Strength Workout 30 Minutes	16 Low Impact HIIT AND Prenatal Core 25 Minutes	17 Lower Body Strength 30 Minutes	18 Rest Day OR Recovery Yoga 10 Minutes	19 Upper Body Strength 30 Minutes	20 Cardio Barre 20 Minutes	21 <i>Rest Day</i>
22 7 Best Strength Exercises 30 Minutes	23 Cardio Barre AND Prenatal Core 25 Minutes	24 Prenatal Strength + Cardio 30 Minutes	25 Rest Day OR Prenatal Yoga 15 Minutes	26 Low Impact HIIT AND 10-Min Arms 20-30 Minutes	27 Cardio Barre 30 Minutes	28 <i>Rest Day</i>
29 Prenatal Strength Workout 30 Minutes	30 Prenatal Barre 20 Minutes	<p><i>Click the bold text on each day to access the full workout on nourishmovelove.com And be sure to tag @nourishmovelove on social!</i></p>				