

# 30-DAY HOME WORKOUT PLAN

01 <b>Lower Body Strength + Cardio</b> <i>30 Minutes</i>	02 <b>Upper Body HIIT</b> <i>30 Minutes</i>	03 <b>Cardio and Abs</b> <i>30 Minutes</i>	04 <i>Rest Day:</i> <b>Barre Butt + Abs</b> <i>10 Minutes</i>	05 <b>Total Body Pyramid</b> <i>30 Minutes</i>	06 <b>Full Body HIIT</b> <i>20 Minutes</i>	07 <i>Rest Day:</i> <b>Full Body Stretch</b> <i>10 Minutes</i>
08 <b>Legs + Back</b> <i>30 Minutes</i>	09 <b>Upper Body Strength + Cardio</b> <i>30 Minutes</i>	10 <b>Power Barre</b> <i>30 Minutes</i>	11 <i>Rest Day:</i> <b>Abs, Butt + Thighs</b> <i>15 Minutes</i>	12 <b>Total Body HIIT</b> <i>30 Minutes</i>	13 <b>HIIT Pyramid and 7-Min Abs</b> <i>30 Minutes</i>	14 <i>Rest Day:</i> <b>Full Body Stretch</b> <i>10 Minutes</i>
15 <b>Lower Body Strength + Cardio</b> <i>30 Minutes</i>	16 <b>Back Workout and 5-Min Abs</b> <i>30 Minutes</i>	17 <b>Cardio and Abs</b> <i>30 Minutes</i>	18 <i>Rest Day:</i> <b>Power Yoga</b> <i>15 Minutes</i>	19 <b>Full Body Pyramid</b> <i>35 Minutes</i>	20 <b>Best Full Body and Lower Abs</b> <i>30 Minutes</i>	21 <i>Rest Day:</i> <b>Full Body Stretch</b> <i>10 Minutes</i>
22 <b>Legs, Back + Biceps Pyramid</b> <i>30 Minutes</i>	23 <b>Chest Workout and 5-Min Abs</b> <i>30 Minutes</i>	24 <b>Cardio Kickboxing Barre</b> <i>30 Minutes</i>	25 <i>Rest Day:</i> <b>HIIT Cardio</b> <i>15 Minutes</i>	26 <b>Kettlebell (or 1 DB) HIIT</b> <i>30 Minutes</i>	27 <b>No Repeats HIIT</b> <i>30 Minutes</i>	28 <i>Rest Day:</i> <b>Full Body Stretch</b> <i>10 Minutes</i>
29 <b>Total Body HIIT with Dumbbells</b> <i>30 Minutes</i>	30 <b>Full Body HIIT</b> <i>20 Minutes</i>	<p><i>Click the bold text on each day to access the full workout on <a href="http://nourishmove.com">nourishmove.com</a></i>  <i>And be sure to tag @nourishmove on social!</i></p>				