

30-DAY BEGINNER CHALLENGE

01 Abs, Butt + Thighs and 8-Min Booty <i>25 Minutes</i>	02 Dumbbell Arms <i>30 Minutes</i>	03 Full Body HIIT and 10-Min Cardio <i>20 Minutes</i>	04 <i>Rest Day:</i> Yoga Flow <i>10 Minutes</i>	05 7 Best Strength Exercises <i>30 Minutes</i>	06 Banded Legs and 10-Min Arms and 5-Min Abs <i>25 Minutes</i>	07 <i>Rest Day:</i> Full Body Stretch <i>10 Minutes</i>
08 Leg Day Strength <i>30 Minutes</i>	09 Chest Workout <i>25 Minutes</i>	10 Full Body Strength and Kickboxing Tabata <i>25 Minutes</i>	11 <i>Rest Day:</i> Yoga Flow <i>10 Minutes</i>	12 Full Body Strength <i>30 Minutes</i>	13 Barre and Shoulder, Bi, Tri and 5-Min Abs <i>30 Minutes</i>	14 <i>Rest Day:</i> Full Body Stretch <i>10 Minutes</i>
15 Abs, Butt + Thighs and 8-Min Booty <i>25 Minutes</i>	16 Dumbbell Arms <i>30 Minutes</i>	17 Full Body HIIT and 10-Min Cardio <i>20 Minutes</i>	18 <i>Rest Day:</i> Power Yoga <i>15 Minutes</i>	19 7 Best Strength Exercises <i>30 Minutes</i>	20 Banded Legs and 10-Min Arms and 5-Min Abs <i>25 Minutes</i>	21 <i>Rest Day:</i> Full Body Stretch <i>10 Minutes</i>
22 Leg Day Strength <i>30 Minutes</i>	23 Back Workout <i>25 Minutes</i>	24 Full Body Strength and Kickboxing Tabata <i>25 Minutes</i>	25 <i>Rest Day:</i> Power Yoga <i>15 Minutes</i>	26 Full Body Strength <i>30 Minutes</i>	27 Barre and Shoulder, Bi, Tri and 5-Min Abs <i>30 Minutes</i>	28 <i>Rest Day:</i> Full Body Stretch <i>10 Minutes</i>
29 Full Body Strength Circuit <i>30 Minutes</i>	30 Full Body Strength (No Repeats) <i>20 Minutes</i>	<p><i>Click the bold text on each day to access the full workout on nourishmoveandlove.com</i> <i>And be sure to tag @nourishmoveandlove on social!</i></p>				