

# BEGINNER WORKOUT PLAN

<b>WEEK 1</b>	01 <b>Abs + Thighs AND Glutes</b> 25 Minutes	02 <b>Beginner Arms</b> 25 Minutes	03 <b>Standing Strength AND Cardio</b> 20 Minutes	04 <i>Rest Day</i> <b>OR Recovery Yoga</b> 10 Minutes	05 <b>Full Body Strength</b> 30 Minutes	06 <b>Full Body AND Abs</b> 15 Minutes	07 <i>Rest Day</i>	
<b>WEEK 2</b>	08 <b>Beginner Legs</b> 20 Minutes	09 <b>Toned Arms</b> 25 Minutes	10 <b>Strength AND Standing Cardio</b> 30 Minutes	11 <i>Rest Day</i> <b>OR Mobility</b> 15 Minutes	12 <b>Beginner Strength</b> 25 Minutes	13 <b>Glutes AND Standing Abs</b> 20 Minutes	14 <i>Rest Day</i>	
<b>WEEK 3</b>	15 <b>Leg Trisets</b> 30 Minutes	16 <b>Arms AND Shoulders, Bis + Tris</b> 20 Minutes	17 <b>Strength AND Cardio Kickboxing</b> 25 Minutes	18 <i>Rest Day</i> <b>OR Recovery Yoga</b> 10 Minutes	19 <b>Full Body Strength</b> 30 Minutes	20 <b>Legs AND Abs</b> 15 Minutes	21 <i>Rest Day</i>	
<b>WEEK 4</b>	22 <b>Compound Legs</b> 25 Minutes	23 <b>Upper Body Trisets</b> 30 Minutes	24 <b>Standing Strength AND Cardio</b> 25 Minutes	25 <i>Rest Day</i> <b>OR Mobility</b> 15 Minutes	26 <b>Compound Strength</b> 35 Minutes	27 <b>Full Body AND Ab Circuit</b> 20 Minutes	28 <i>Rest Day</i>	
<b>WEEK 5</b>	29 <b>Full Body Strength</b> 20 Minutes	30 <b>Standing HIIT</b> 30 Minutes	<b>INSTRUCTIONS</b>					
<p><i>Click the <b>bold text</b> on each day to access the full workout + guided video on <a href="https://nourishmovelove.com">nourishmovelove.com</a>. And be sure to tag @nourishmovelove on social!</i></p>								