

BEGINNER WORKOUT PLAN

3 DAYS/WEEK

WEEK 1	01 Beginner Full Body 20 Minutes	02 <i>Rest Day</i>	03 Full Body Strength 30 Minutes	04 <i>Rest Day</i>	05 Beginner Bodyweight 20 Minutes	06 <i>Rest Day</i>	07 <i>Rest Day</i>
WEEK 2	08 Full Body Strength 25 Minutes	09 <i>Rest Day</i>	10 Full Body Dumbbell Strength 35 Minutes	11 <i>Rest Day</i>	12 Beginner Pilates and Steps Workout 20 Minutes	13 <i>Rest Day</i>	14 <i>Rest Day</i>
WEEK 3	15 Full Body Strength & Abs 25 Minutes	16 <i>Rest Day</i>	17 Full Body Standing Strength 25 Minutes	18 <i>Rest Day</i>	19 Beginner Kettlebell and Kettlebell Abs 20 Minutes	20 <i>Rest Day</i>	21 <i>Rest Day</i>
WEEK 4	22 Full Body Strength & Steps 30 Minutes	23 <i>Rest Day</i>	24 All-Standing Strength 30 Minutes	25 <i>Rest Day</i>	26 Strength & Steps and Beginner Abs 30 Minutes	27 <i>Rest Day</i>	28 <i>Rest Day</i>
WEEK 5	29 Beginner Full Body and Cardio 20 Minutes	30 <i>Rest Day</i>	<div>INSTRUCTIONS:</div> <p>Click the bold text on each day to access the full workout + guided video on nourishmoveandlove.com.</p>				