

# BEGINNER WORKOUT PLAN

## 4 DAYS/WEEK

WEEK 1	01 <b>Beginner Full Body</b> 20 Minutes	02 <b>Beginner Arms</b> 25 Minutes	03 <i>Rest Day</i>	04 <b>Beginner Legs</b> 20 Minutes	05 <b>Full Body Strength</b> 30 Minutes	06 <i>Rest Day</i>	07 <i>Rest Day</i>
WEEK 2	08 <b>Full Body Strength</b> 25 Minutes	09 <b>Express Arm Day</b> 20 Minutes	10 <i>Rest Day</i>	11 <b>Glute Workout</b> 20 Minutes	12 <b>Dumbbell Full Body Strength</b> 35 Minutes	13 <i>Rest Day</i>	14 <i>Rest Day</i>
WEEK 3	15 <b>Full Body Strength &amp; Abs</b> 25 Minutes	16 <b>All-Standing Arms</b> 20 Minutes	17 <i>Rest Day</i>	18 <b>Dumbbell Legs</b> 25 Minutes	19 <b>All-Standing Strength</b> 25 Minutes	20 <i>Rest Day</i>	21 <i>Rest Day</i>
WEEK 4	22 <b>Full Body Strength &amp; Steps</b> 30 Minutes	23 <b>Standing Arms &amp; Abs</b> 20 Minutes	24 <i>Rest Day</i>	25 <b>No-Lunge Leg Day</b> 30 Minutes	26 <b>Standing Full Body Strength</b> 30 Minutes	27 <i>Rest Day</i>	28 <i>Rest Day</i>
WEEK 5	29 <b>Beginner Full Body and Cardio</b> 20 Minutes	30 <b>Arms and Inner Thighs</b> 20 Minutes	<div>INSTRUCTIONS:</div> <p>Click the <b>bold text</b> on each day to access the full workout + guided video on <a href="https://nourishmoveandlove.com">nourishmoveandlove.com</a>.</p>				