

BEGINNER WORKOUT PLAN

5 DAYS/WEEK

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