

BEGINNER WORKOUT PLAN

3 DAYS/WEEK

WEEK 1	01 Beginner Legs 20 Minutes	02 <i>Rest Day</i>	03 Beginner Arms 20 Minutes	04 <i>Rest Day</i>	05 Full Body Strength 30 Minutes	06 <i>Rest Day</i>	07 <i>Rest Day</i>
WEEK 2	08 No Lunge Leg Day 30 Minutes	09 <i>Rest Day</i>	10 Standing Arms 20 Minutes	11 <i>Rest Day</i>	12 Beginner Strength 25 Minutes	13 <i>Rest Day</i>	14 <i>Rest Day</i>
WEEK 3	15 Dumbbell Legs 25 Minutes	16 <i>Rest Day</i>	17 Upper Body and Shoulders, Bis + Tris 20 Minutes	18 <i>Rest Day</i>	19 Standing Strength 25 Minutes	20 <i>Rest Day</i>	21 <i>Rest Day</i>
WEEK 4	22 No Jumping Leg Day 30 Minutes	23 <i>Rest Day</i>	24 Standing Arms + Abs 20 Minutes	25 <i>Rest Day</i>	26 Full Body Strength At-Home 30 Minutes	27 <i>Rest Day</i>	28 <i>Rest Day</i>
WEEK 5	29 Beginner Full Body and Glutes 20 Minutes	30 <i>Rest Day</i>	INSTRUCTIONS: <i>Click the bold text on each day to access the full workout + guided video on nourishmoveandlove.com.</i>				