

# FIRST TRIMESTER WORKOUT PLAN

## INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on [nourishmovelove.com](http://nourishmovelove.com). And be sure to tag @nourishmovelove on social!

<b>WEEK 1</b>	01 <b>Leg Supersets</b> 25 Minutes	02 <b>Arms + Abs Supersets</b> 25 Minutes	03 <b>Low Impact HIIT</b> 30 Minutes	04 <b>Prenatal Abs</b> OR <b>Barre Class</b> 10-20 Minutes	05 <b>Full Body Kettlebell</b> 35 Minutes	06 <b>Full Body Strength</b> 30 Minutes	07 <i>Rest Day</i>
<b>WEEK 2</b>	08 <b>Legs + Butt</b> 40 Minutes	09 <b>Arms + Back</b> 25 Minutes	10 <b>Legs + Shoulders</b> 35 Minutes	11 <b>Hip Flexor Stretch</b> AND <b>Beginner Abs</b> 15 Minutes	12 <b>Kettlebell Legs</b> 30 Minutes	13 <b>Arms AND</b> Walk/Jog OR <b>Mobility</b> 10 Minutes	14 <i>Rest Day</i>
<b>WEEK 3</b>	15 <b>Leg Supersets</b> 25 Minutes	16 <b>Arms + Abs Supersets</b> 25 Minutes	17 <b>Low Impact HIIT</b> 30 Minutes	18 <b>Prenatal Abs</b> OR <b>Barre Class</b> 10-20 Minutes	19 <b>Cardio + Unilateral Strength</b> 40 Minutes	20 <b>Full Body Strength</b> 30 Minutes	21 <i>Rest Day</i>
<b>WEEK 4</b>	22 <b>Legs + Butt</b> 40 Minutes	23 <b>Chest + Arms</b> 25 Minutes	24 <b>Strength + Kickboxing</b> 40 Minutes	25 <b>Hip Flexor Stretch</b> AND <b>Beginner Abs</b> 15 Minutes	26 <b>Full Body Strength Training</b> 35 Minutes	27 <b>Legs AND</b> Walk/Jog OR <b>Mobility</b> 10 Minutes	28 <i>Rest Day</i>