

POSTPARTUM WORKOUT PLAN

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on nourishmovelove.com. And be sure to tag @nourishmovelove on social!

WEEK 1	01 Booty Workout AND Postpartum Core #1 20 Minutes	02 Beginner Arms 25 Minutes	03 Upper Body Stretch AND DR Exercises 20 Minutes	04 Full Body Postpartum Strength 30 Minutes	05 Cardio AND Postpartum Core #2 20 Minutes	06 Beginner Full Body 25 Minutes	07 <i>Rest Day</i>
WEEK 2	08 Beginner Legs 20 Minutes	09 Upper Body AND Postpartum Core #3 20 Minutes	10 Full Body Stretch AND DR Exercises 20 Minutes	11 Full Body Strength 30 Minutes	12 Kickboxing AND Postpartum Core #4 20 Minutes	13 Full Body Strength 30 Minutes	14 <i>Rest Day</i>
WEEK 3	15 Abs, Butt and Thighs AND Postpartum Core #5 25 Minutes	16 Arms and Back 25 Minutes	17 Upper Body Stretch AND DR Exercises 20 Minutes	18 No Repeats Strength 20 Minutes	19 Cardio AND Postpartum Core #6 25 Minutes	20 Full Body Strength 15 Minutes	21 <i>Rest Day</i>
WEEK 4	22 Unilateral Legs 30 Minutes	23 Unilateral Arms 30 Minutes	24 Full Body Stretch AND DR Exercises 20 Minutes	25 Full Body Postpartum Strength 30 Minutes	26 Glutes AND Postpartum Core #7 20 Minutes	27 Strength Pyramid 30 Minutes	28 <i>Rest Day</i>