

SECOND TRIMESTER 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 Leg Day 30 Minutes	02 Back + Biceps 25 Minutes	03 Full Body Strength + Cardio 35 Minutes	04 Back Stretch <i>AND/OR</i> Prenatal Abs 10-20 Minutes	05 Low Impact Strength + Cardio 20 Minutes	06 Low Impact Cardio Barre 15 Minutes	07 <i>Rest Day</i>
WEEK 2	08 Lower Body 30 Minutes	09 Chest, Shoulders + Triceps 25 Minutes	10 Low Impact Cardio 35 Minutes	11 Sciatica Stretch <i>AND/OR</i> Standing Abs 10-20 Minutes	12 Prenatal Arms AND Prenatal Legs 25 Minutes	13 Prenatal Barre 25 Minutes	14 <i>Rest Day</i>
WEEK 3	15 Leg Day 30 Minutes	16 Back + Biceps 25 Minutes	17 Full Body Strength + Cardio 35 Minutes	18 Back Stretch <i>AND/OR</i> Prenatal Abs 10-20 Minutes	19 Low Impact Strength + Cardio 20 Minutes	20 Low Impact Cardio Barre 15 Minutes	21 <i>Rest Day</i>
WEEK 4	22 Lower Body 30 Minutes	23 Chest, Shoulders + Triceps 25 Minutes	24 Bodyweight Prenatal 35 Minutes	25 Sciatica Stretch <i>AND/OR</i> Standing Abs 10-20 Minutes	26 Prenatal Arms AND Prenatal Legs 25 Minutes	27 Prenatal Barre 25 Minutes	28 <i>Rest Day</i>