

BEGINNER WORKOUT PLAN

WEEK 1	01 Abs + Thighs AND Glutes 25 Minutes	02 Beginner Arms 25 Minutes	03 Standing Strength AND Cardio 20 Minutes	04 <i>Rest Day OR Recovery Yoga</i> 10 Minutes	05 Full Body Strength 30 Minutes	06 Full Body AND Abs 15 Minutes	07 <i>Rest Day</i>	
WEEK 2	08 Beginner Legs 20 Minutes	09 Toned Arms 25 Minutes	10 Strength AND Standing Cardio 30 Minutes	11 <i>Rest Day OR Mobility</i> 15 Minutes	12 Beginner Strength 25 Minutes	13 Glutes AND Standing Abs 20 Minutes	14 <i>Rest Day</i>	
WEEK 3	15 Leg Trisets 30 Minutes	16 Arms AND Shoulders, BIs + Tris 20 Minutes	17 Strength AND Cardio Kickboxing 25 Minutes	18 <i>Rest Day OR Recovery Yoga</i> 10 Minutes	19 Full Body Strength 30 Minutes	20 Legs AND Abs 15 Minutes	21 <i>Rest Day</i>	
WEEK 4	22 Compound Legs 25 Minutes	23 Upper Body Trisets 30 Minutes	24 Standing Strength AND Cardio 25 Minutes	25 <i>Rest Day OR Mobility</i> 15 Minutes	26 Compound Strength 35 Minutes	27 Full Body AND Ab Circuit 20 Minutes	28 <i>Rest Day</i>	
WEEK 5	29 Full Body Strength 20 Minutes	30 Standing HIIT 30 Minutes	<div data-bbox="1070 1176 1412 1219" data-label="Section-Header"> <h2>INSTRUCTIONS</h2> </div> <div data-bbox="625 1233 1843 1362" data-label="Text"> <p>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!</p> </div>					

My Quickstart Guide Workout Calendar

Peipei Pang



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