

BEGINNER WORKOUT

Challenge + Plan

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01 Leg Day Strength Workout 30 Minutes	02 Upper Body Strength 30 Minutes	03 Rest day OR Power Yoga OR Recovery Yoga 15-20 Minutes	04 Low Impact HIIT Cardio and Beginner Abs 20 Minutes	05 6 Glute Toning Barre Moves optional: 10-Min Barre Butt + Abs 20-30 Minutes	06 5 Best Upper Body Exercises optional: 10-20 Min run/jog/walk 20-30 Minutes	07 <i>Rest Day</i>
08 Lower Body Strength 30 Minutes	09 Arm Day Strength Workout <i>email list exclusive!</i> 30 Minutes	10 Rest day OR Cardio Barre OR Morning Yoga Flow 15-20 Minutes	11 7 Best Strength Training Exercises 30 Minutes	12 Barre Buns + Thighs optional: 7 Exercises for Core Strength 20-30 Minutes	13 6 Exercises for Toned Arms optional: 10-Min Low Impact Cardio 20-30 Minutes	14 <i>Rest Day</i>
15 Leg Day Strength Workout 30 Minutes	16 Upper Body Strength 30 Minutes	17 Rest day OR Power Yoga OR Recovery Yoga 15-20 Minutes	18 Low Impact HIIT Cardio and Beginner Abs 20 Minutes	19 Abs + Butt + Thighs 20-30 Minutes	20 Sculpted Arms optional: 10-20 Min run/jog/walk 20-30 Minutes	21 <i>Rest Day</i>
22 Lower Body Strength 30 Minutes	23 Arm Day Strength Workout <i>email list exclusive!</i> 30 Minutes	24 Rest day OR Low Impact Cardio Barre 20 Minutes	25 Low Impact Strength + Cardio 30 Minutes	26 Strictly Strength Lower Body optional: 10-Min Barre Butt + Abs 20-30 Minutes	27 5 Best Upper Body Exercises optional: 10-Min Low Impact Cardio 20-30 Minutes	28 <i>Rest Day</i>
29 Barre Class At-Home optional: 7 Exercises for Core Strength 20 Minutes	30 7 Resistance Training Exercises 30 Minutes	<p><i>Click the bold text on each day to access the full workout on nourishmoveandlove.com And be sure to tag @nourishmoveandlove on social!</i></p>				

Complete Beginner Guide To Home Workout Routine For Beginners In The

L Cohen



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