



# Beginner WORKOUT PLAN

FREE WORKOUT PLAN

|   |  |   |   |  |  |  |
|---|--|---|---|--|--|--|
| 01<br><b>Abs, Butt + Thighs and 8-Min Booty</b><br>25 Minutes | 02<br><b>Dumbbell Arms</b><br>30 Minutes | 03<br><b>Full Body HIIT and 10-Min Cardio</b><br>20 Minutes         | 04<br><i>Rest Day: Yoga Flow</i><br>10 Minutes  | 05<br><b>7 Best Strength Exercises</b><br>30 Minutes | 06<br><b>Banded Legs and 10-Min Arms and 5-Min Abs</b><br>25 Minutes | 07<br><i>Rest Day: Full Body Stretch</i><br>10 Minutes |
| 08<br><b>Leg Day Strength</b><br>30 Minutes                   | 09<br><b>Chest Workout</b><br>25 Minutes | 10<br><b>Full Body Strength and Kickboxing Tabata</b><br>25 Minutes | 11<br><i>Rest Day: Yoga Flow</i><br>10 Minutes  | 12<br><b>Full Body Strength</b><br>30 Minutes        | 13<br><b>Barre and Shoulder, BI, Tri and 5-Min Abs</b><br>30 Minutes | 14<br><i>Rest Day: Full Body Stretch</i><br>10 Minutes |
| 15<br><b>Abs, Butt + Thighs and 8-Min Booty</b><br>25 Minutes | 16<br><b>Dumbbell Arms</b><br>30 Minutes | 17<br><b>Full Body HIIT and 10-Min Cardio</b><br>20 Minutes         | 18<br><i>Rest Day: Power Yoga</i><br>15 Minutes | 19<br><b>7 Best Strength Exercises</b><br>30 Minutes | 20<br><b>Banded Legs and 10-Min Arms and 5-Min Abs</b><br>25 Minutes | 21<br><i>Rest Day: Full Body Stretch</i><br>10 Minutes |
| 22<br><b>Leg Day Strength</b><br>30 Minutes                   | 23<br><b>Back Workout</b><br>25 Minutes  | 24<br><b>Full Body Strength and Kickboxing Tabata</b><br>25 Minutes | 25<br><i>Rest Day: Power Yoga</i><br>15 Minutes | 26<br><b>Full Body Strength</b><br>30 Minutes        | 27<br><b>Barre and Shoulder, BI, Tri and 5-Min Abs</b><br>30 Minutes | 28<br><i>Rest Day: Full Body Stretch</i><br>10 Minutes |

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# Works Complete Beginner Guide To Home Workout Routine With Free Tools

**K Morrison**



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