

# BEGINNER WORKOUT PLAN

WEEK 1	01 <b>Abs + Thighs AND Glutes</b> 25 Minutes	02 <b>Beginner Arms</b> 25 Minutes	03 <b>Standing Strength AND Cardio</b> 20 Minutes	04 <i>Rest Day OR Recovery Yoga</i> 10 Minutes	05 <b>Full Body Strength</b> 30 Minutes	06 <b>Full Body AND Abs</b> 15 Minutes	07 <i>Rest Day</i>	
WEEK 2	08 <b>Beginner Legs</b> 20 Minutes	09 <b>Toned Arms</b> 25 Minutes	10 <b>Strength AND Standing Cardio</b> 30 Minutes	11 <i>Rest Day OR Mobility</i> 15 Minutes	12 <b>Beginner Strength</b> 25 Minutes	13 <b>Glutes AND Standing Abs</b> 20 Minutes	14 <i>Rest Day</i>	
WEEK 3	15 <b>Leg Trisets</b> 30 Minutes	16 <b>Arms AND Shoulders, Bicep + Tricep</b> 20 Minutes	17 <b>Strength AND Cardio Kickboxing</b> 25 Minutes	18 <i>Rest Day OR Recovery Yoga</i> 10 Minutes	19 <b>Full Body Strength</b> 30 Minutes	20 <b>Legs AND Abs</b> 15 Minutes	21 <i>Rest Day</i>	
WEEK 4	22 <b>Compound Legs</b> 25 Minutes	23 <b>Upper Body Trisets</b> 30 Minutes	24 <b>Standing Strength AND Cardio</b> 25 Minutes	25 <i>Rest Day OR Mobility</i> 15 Minutes	26 <b>Compound Strength</b> 35 Minutes	27 <b>Full Body AND Ab Circuit</b> 20 Minutes	28 <i>Rest Day</i>	
WEEK 5	29 <b>Full Body Strength</b> 20 Minutes	30 <b>Standing HIIT</b> 30 Minutes	<div data-bbox="1078 1178 1410 1218" data-label="Section-Header"> <h2>INSTRUCTIONS</h2> </div> <div data-bbox="627 1235 1845 1363" data-label="Text"> <p>Click the <b>bold text</b> on each day to access the full workout + guided video on <a href="https://nourishmovelove.com">nourishmovelove.com</a>. And be sure to tag @nourishmovelove on social!</p> </div>					

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**Arch Wilkinson Shaw**



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