

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, Bicep + Tricep 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="1039 1168 1450 1229" data-label="Section-Header"> <h2>INSTRUCTIONS</h2> </div> <div data-bbox="633 1239 1843 1368" data-label="Text"> <p><i>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!</i></p> </div>					

Expert Home Workout Step Plan For Beginners

N Colangelo



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Workouts For Dummies Tamilee Webb, 1998-12-28 Every few months a new diet wonder drug or workout machine hits the market promising instantaneous results. Unfortunately, none of these fads ever seems to work. That's because the secret to good health is based on a balanced workout routine which consists of eating a healthy diet, exercising, resting your body, and doing your best to find balance in all aspects of your life. If you can dedicate yourself to this goal and are willing to work for what you want, you can have a healthy and fit body. **Workouts For Dummies** by Tamilee Webb, whose buffed body is the star of the Buns of Steel workout video series, will show you how to get the most out of your workout routine, no matter what your current level of fitness. If you're a workout enthusiast, this book will help you shape up with easy workouts you can do anytime, anywhere. Even if you've never exercised, don't worry; this book starts with basic topics such as choosing shoes and warming up. **Workouts For Dummies** covers everything you'll need to create an effective exercise program, starting with an explanation of body types so you don't think you'll end up looking like Cindy Crawford if you don't already, and the workouts that suit your body type. You'll also find directions for stretches, aerobic exercises, muscle conditioning using weights, furniture, exercise bands, and bars, and workouts for different locations: home, office, gym, all with illustrations. **Workouts For Dummies** also deals with the following topics and much more: Creating a personalized workout, Warming up, cooling down, and stretching; Preventing common injuries; Targeting and toning trouble spots; Evaluating equipment, gear, and gadgets; Determining your fitness level; Working out while traveling. Filled with expert tips, techniques, and step-by-step photos that illustrate over 100 exercises, **Workouts For Dummies** will help you make exercising an enjoyable part of your life. **The Beginner's Blueprint:**

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