



# Beginner WORKOUT PLAN

FREE WORKOUT PLAN

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

NOURISH **MOVE** LOVE

# For Beginners Fitness Workout

**Paul A. Vodak**



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