

BEGINNER WORKOUT

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
20 minutes beginner full body	REST DAY	30 minutes full body strength	REST DAY	20 minutes beginner bodyweight
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
REST DAY	REST DAY	25 minutes full body strength	REST DAY	35 minutes full body dumbbell strength
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
REST DAY	20 minutes beginner pilates and steps workout	REST DAY	REST DAY	25 minutes full body strength & abs
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
REST DAY	25 minutes full body standing strength	REST DAY	20 minutes beginner kettlebell and kettlebell abs	REST DAY
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
REST DAY	30 minutes full body strength & steps	REST DAY	30 minutes all-standing strength	REST DAY
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
30 minutes strength & steps and beginner abs	REST DAY	REST DAY	20 minutes beginner full body and cardio	REST DAY