

30-DAY Beginner's Workout Program

	ARMS	CARDIO	LEGS/BUTT	ABS	CARDIO	TOTAL BODY	REST
WEEK 1	DAY 1 4-Minute Fat Blaster Workout >	DAY 2 Brisk walk or jog 2 miles. >	DAY 3 Lean & Toned Legs Workout >	DAY 4 HIIT Abs Workout >	DAY 5 Brisk walk or jog 2 miles. >	DAY 6 Total Body Workout for Beginners >	DAY 7 Rest Day
WEEK 2	DAY 8 Summer Tricep Toning Challenge >	DAY 9 Brisk walk or jog 2.5 miles. >	DAY 10 7 Moves to Leaner Hips and Thighs >	DAY 11 Ab Oblique Interval Challenge >	DAY 12 Brisk walk or jog 2.5 miles. >	DAY 13 Total Body Workout for Beginners >	DAY 14 Rest Day
WEEK 3	DAY 15 4-Minute Fat Blaster Workout >	DAY 16 Brisk walk or jog 3 miles. >	DAY 17 Lean & Toned Legs Workout >	DAY 18 HIIT Abs Workout >	DAY 19 Brisk walk or jog 3 miles. >	DAY 20 Back to Basics Workout >	DAY 21 Rest Day
WEEK 4	DAY 22 Summer Tricep Toning Challenge >	DAY 23 Brisk walk or jog 3.5 miles. >	DAY 24 10-Minute Best Butt Workout Challenge >	DAY 25 Ab Oblique Interval Challenge >	DAY 26 Brisk walk or jog 3.5 miles. >	DAY 27 Back to Basics Workout >	DAY 28 Rest Day
WEEK 5	DAY 29 4-Minute Fat Blaster Workout >	DAY 30 Brisk walk or jog 4 miles. >					

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