

28 Day Workout Program for Beginners:

4 Weeks : Beginners workout

You will workout every other day for the next 30 days:

You will record 15 workouts.



• Workout 1	Cardio	low Intensity	20 Min
• Workout 2	Cardio	low Intensity	20 Min
• Workout 3	Cardio	Mod Intensity	25 Min
• Workout 4	Weight Training	Total Body	30 Min
• Workout 5	Cardio	High Intensity	20 Min
• Workout 6	Weight Training	Upper Body	30 Min
• Workout 7	Cardio	High Intensity	20 Min
• Workout 8	Weight Training	Lower Body	30 Min
• Workout 9	Cardio	Mod Intensity	30 Min
• Workout 10	Weight Training	Total Body	30 Min
• Workout 11	Weight Training	Upper Body	30 Min
• Workout 12	Cardio	High Intensity	20 Min
• Workout 13	Weight Training	Lower	30 Min
• Workout 14	Cardio	Mod Intensity	30 Min
• Workout 15	Weight Training	Total Body	30 Min
• Workout 16	Cardio	High Intensity	20 Min

* **Cardio:** Includes any of these: Fitness class, Stairs, Treadmill, Walking, Running, Cycling or any continuous exercise that will keep your heart rate above 60% - 70% of your maximum HR.

* **Weight Training:** Includes any of these: Dumbbells, Barbells, Weight training class, Bands, Body weight exercises.