

30-DAY WORKOUT PROGRAM

NATE DARY - TONING BEGINNER OPTION 2

DAY 1 <u>Upper Body Circuit 1</u>	DAY 2 <u>Lower Body Circuit 1</u>	DAY 3 <u>Core 1</u>	DAY 4 <u>Upper Body TABATA 2</u>	DAY 5 <u>Lower Body TABATA 2</u>
DAY 6 <u>Core 2</u>	DAY 7 Rest Day	DAY 8 <u>Upper Body AMRAP 3</u>	DAY 9 <u>Lower Body AMRAP 3</u>	DAY 10 <u>Core 3</u>
DAY 11 <u>Upper Body Circuit 1</u>	DAY 12 <u>Lower Body Circuit 1</u>	DAY 13 <u>Core 1</u>	DAY 14 Rest Day	DAY 15 <u>Upper Body TABATA 2</u>
DAY 16 <u>Lower Body TABATA 2</u>	DAY 17 <u>Core 2</u>	DAY 18 <u>Upper Body AMRAP 3</u>	DAY 19 <u>Lower Body AMRAP 3</u>	DAY 20 <u>Core 3</u>
DAY 21 Rest Day	DAY 22 <u>Upper Body Circuit 1</u>	DAY 23 <u>Lower Body Circuit 1</u>	DAY 24 <u>Core 1</u>	DAY 25 <u>Upper Body TABATA 2</u>
DAY 26 <u>Lower Body TABATA 2</u>	DAY 27 <u>Core 2</u>	DAY 28 Rest Day	DAY 29 <u>Upper Body AMRAP 3</u>	DAY 30 <u>Lower Body AMRAP 3</u>