

# BEGINNER WORKOUT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20-30 min steady state cardio		20 mins steady state cardio + legs		20-30 mins steady state cardio	upper body
	30 minutes steady state cardio		20 mins steady state cardio + legs		20-30 mins steady state cardio	upper body
	30 minutes steady state cardio	20 minutes steady state + legs		30 minutes steady state cardio	upper body	
	30-40 minutes steady state cardio	20 minutes steady state + legs		30-40 minutes steady state cardio	20 mins steady state cardio + upper body	

Notes: steady state cardio means pick a speed or resistance and stay with it the entire time; upper/lower strength split allows for plenty of recovery time; for strength exercises, complete 2-3 sets of 10-15 repetitions 4-6 exercises for each body section