

30-DAY WORKOUT PROGRAM

NATE DARY - TONING INTERMEDIATE OPTION 2

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