

30-DAY WORKOUT PROGRAM

NATE DARY - TONING BEGINNER OPTION 2

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