

# 30-DAY WORKOUT PROGRAM

## NATE DARY - TONING INTERMEDIATE OPTION 2

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