

# 30-DAY WORKOUT PROGRAM

## RESISTANCE - DUMBBELLS + BANDS

NATE DARY & ANGELICA COUNCILMAN

BEGINNER				
DAY 1 <b>Angelica's Upper Body</b>	DAY 2 <b>Nate's Full Body</b>	DAY 3 <b>Angelica's Lower Body</b>	DAY 4 <b>Rest Day</b>	DAY 5 <b>Nate's Upper Body</b>
BEGINNER				
DAY 6 <b>Angelica's Full Body</b>	DAY 7 <b>Rest Day</b>	DAY 8 <b>Nate's Lower Body</b>	DAY 9 <b>Angelica's Upper Body</b>	DAY 10 <b>Nate's Full Body</b>
INTERMEDIATE				
<b>Rest Day</b>	DAY 12 <b>Angelica's Lower Body</b>	DAY 13 <b>Angelica's Upper Body</b>	DAY 14 <b>Rest Day</b>	DAY 15 <b>Nate's Full Body</b>
INTERMEDIATE				
DAY 16 <b>Angelica's Lower Body</b>	DAY 17 <b>Nate's Upper Body</b>	DAY 18 <b>Rest Day</b>	DAY 19 <b>Angelica's Full Body</b>	DAY 20 <b>Nate's Lower Body</b>
INTERMEDIATE				
DAY 21 <b>Rest Day</b>	DAY 22 <b>Angelica's Upper Body</b>	DAY 23 <b>Nate's Full Body</b>	DAY 24 <b>Angelica's Lower Body</b>	DAY 25 <b>Rest Day</b>
ADVANCED				
DAY 26 <b>Angelica's Lower Body</b>	DAY 27 <b>Nate's Full Body 1</b>	DAY 28 <b>Rest Day</b>	DAY 29 <b>Angelica's Lower Body</b>	DAY 30 <b>Nate's Full Body 2</b>