

# 30-DAY WORKOUT PROGRAM

## NATE DARY - TONING BEGINNER OPTION 2

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