

1 MONTH WORKOUT PLAN FOR BEGINNERS

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST DAY	STRENGTH	INTERVAL TRAINING	REST DAY	STRENGTH	INTERVAL TRAINING	FUN ACTIVITY
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This day is for body maintenance, yoga and/or meditation	20-30 minutes of balanced strength training	20-30 minutes of balanced strength training or bodyweight exercises	60-90 minutes of an indoor/outdoor activity with family and friends