

7 Day Beginner Strength Workout Plan

Click the link to be taken to the workout for the day.

Monday
(Strength)



[Watch The Kids and Still Workout](#)

Tuesday
(Cardio)



[Beginner Walking Workout](#)

Wednesday
(Strength)



[Gentle Mood Boosting Workout For Beginners](#)

Thursday
(Rest)

Walk 20-30 minutes

Friday
(Cardio)



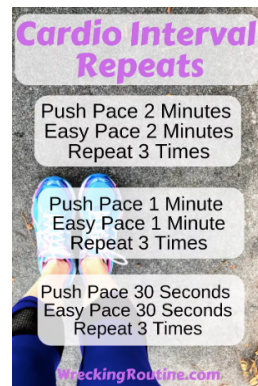
[Playground Chase Cardio Workout](#)

Saturday
(Strength)



[Beginner Push Up Workout](#)

Sunday
(Cardio)



[Cardio Interval Repeats](#)

Get your Warm Up & Cool Down Guide [here](#).

Be sure to tag [@wreckingroutine](#) on social media.

www.WreckingRoutine.com