

4-Week Happy Healthy Body Workout Schedule (Beginners)

Sun	Mon	Tues	Wed	Thu	Fri	Sat
REST DAY!	HIIT At Home Cardio Workout	LEG & BUTT DAY	REST DAY!	ARMS & ABS	REST DAY!	Low Impact Cardio Day 30 minute walk or hike/bike ride
REST DAY!	HIIT At Home Cardio Workout	LEG & BUTT DAY	REST DAY!	ARMS & ABS	Full Body Workout (Optional) // REST DAY!	Low Impact Cardio Day –30-minute walk or hike/bike ride
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HIIT At Home Cardio Workout	REST DAY!	LEG & BUTT DAY	ARMS & ABS	REST DAY!	Full Body Workout	Low Impact Cardio Day 30-minute walk or hike/bike ride
HIIT At Home Cardio Workout	REST DAY!	LEGS&BUTT DAY	ARMS & ABS	REST DAY!	Full Body WorkOut	Low Impact Cardio Day – my workout, or 30-minute walk or hike/bike ride