

A No-Sweat, Full-Body Workout

Week 1

1 *No sweat routine*

2 *Rest*

3 *No sweat routine*

4 *Cardio*

5 *Rest*

6 *Rest*

7 *No sweat routine*

Week 2

8 *Cardio*

9 *No sweat routine*

10 *Rest*

11 *Cardio*

12 *Rest*

13 *No sweat routine*

14 *Rest*

Week 3

15 *No sweat routine*

16 *Cardio*

17 *No sweat routine*

18 *Rest*

19 *No sweat routine*

20 *Cardio*

21 *Rest*

Week 4

22 *No sweat routine*

23 *Rest*

24 *No sweat routine*

25 *Cardio*

26 *No sweat routine*

27 *Rest*

28 *No sweat routine*

Week 5

29 *Rest*

30 *No sweat routine*

31 *Cardio*

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