

NOURISH **MOVE** LOVE

# 30-Day Workout Challenge

01 <b>Lower Body Strength</b> 30 Minutes	02 <b>HIIT Cardio + 5 Best Upper Body Exercises</b> 35 Minutes	03 <b>Barre HIIT Fusion</b> 30 Minutes	04 <b>Strength + HIIT At-Home</b> 24 Minutes	05 <b>Power Yoga</b> optional: 10-Min Abs 20-30 Minutes	06 <b>HIIT Workout w/ Dumbbells</b> 30 Minutes	07 <i>Rest Day</i>
08 <b>6 Best Lower Body Exercises</b> optional: 10-min butt + abs 20-30 Minutes	09 <b>Upper Body HIIT</b> optional: Super 7 Core Workout 20-30 Minutes	10 <b>Cardio Barre + Barre Core</b> 25 Minutes	11 <b>Full Body HIIT</b> optional: 7-min abs 20-30 Minutes	12 <b>Yoga HIIT</b> or <b>Yoga Flow</b> 10-30 Minutes	13 <b>Pyramid Power HIIT</b> 20 Minutes	14 <i>Rest Day</i>
15 <b>Lower Body Strength</b> 30 Minutes	16 <b>HIIT Cardio + 5 Best Upper Body Exercises</b> 35 Minutes	17 <b>Barre HIIT Fusion</b> 30 Minutes	18 <b>40-30-20 Dumbbell Superset HIIT</b> 20-30 Minutes	19 <b>Power Yoga</b> add-on: 10-Min Abs 20-30 Minutes	20 <b>HIIT Workout w/ Dumbbells</b> 30 Minutes	21 <i>Rest Day</i>
22 <b>6 Best Lower Body Exercises</b> optional: 10-min butt + abs 20-30 Minutes	23 <b>Upper Body HIIT</b> optional: Super 7 Core Workout 20-30 Minutes	24 <b>Cardio Barre</b> optional: Barre 100 Abs 20-30 Minutes	25 <b>Full Body HIIT</b> optional: 7-min abs 20-30 Minutes	26 <b>Yoga HIIT</b> or <b>Yoga Flow</b> 10-30 Minutes	27 <b>Pyramid Power HIIT</b> 20 Minutes	28 <i>Rest Day</i>
29 <b>Legs + Core w/ Kettlebell</b> (may sub dumbbells) 20 Minutes	30 <b>HIIT Cardio + 7 Best Strength Training Exercises</b> 35 Minutes	<p><i>Click the bold text on each day to access the full workout + video on <a href="http://nourishmovelove.com">nourishmovelove.com</a></i></p> <p><i>And be sure to tag @nourishmovelove on social</i></p> <p>● Nourish Move Love, LLC</p> <p>All rights reserved, including the right to reproduce this document or portions thereof in any form – unauthorized reproduction, in any manner, is prohibited.</p>				