

14-DAY WORKOUT CHALLENGE

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on nourishmovelove.com. And be sure to tag @nourishmovelove on social!

Week 1:

01	02	03	04	05	06	07
Full Body Strength + HIIT	Dumbbell Arms	Dumbbell Legs	Rest Day <i>OR</i> Low Impact Cardio	Cardio Barre <i>AND</i> Lower Abs	Kettlebell HIIT	<i>Rest Day</i>
<i>30 Minutes</i>	<i>30 Minutes</i>	<i>30 Minutes</i>	<i>15 Minutes</i>	<i>25 Minutes</i>	<i>30 Minutes</i>	

Week 2:

08	09	10	11	12	13	14
Full Body HIIT Pyramid	Yoga Sculpt <i>AND</i> 10-Min Abs	Lower Body Strength Training	Rest Day <i>OR</i> Bodyweight AMRAP	Upper Body Strength + Cardio	HIIT Cardio <i>AND</i> Butt + Abs	<i>Rest Day</i>
<i>30 Minutes</i>	<i>25 Minutes</i>	<i>30 Minutes</i>	<i>10 Minutes</i>	<i>30 Minutes</i>	<i>25 Minutes</i>	