

30-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!

01 Strength Training Circuit 30 Minutes	02 Upper Body HIIT 30 Minutes	03 Leg Day Strength 30 Minutes	04 Rest Day OR Yoga Sculpt 15 Minutes	05 Power Barre 30 Minutes	06 Full Body Strength + HIIT <i>Optional: Lower Abs</i> 20-30 Minutes	07 <i>Rest Day</i>
08 Full Body W/ Dumbbells 30 Minutes	09 Upper Body 30 Minutes	10 Legs, Cardio + Core <i>Optional: Butt + Abs</i> 20-30 Minutes	11 Rest Day OR Low Impact Cardio 15 Minutes	12 Cardio Barre 30 Minutes	13 Bodyweight HIIT 30 Minutes	14 <i>Rest Day</i>
15 Strength + HIIT <i>email list exclusive!</i> 35 Minutes	16 Dumbbell Arms 30 Minutes	17 Dumbbell Legs 30 Minutes	18 Rest Day OR 10-Min AMRAP 10 Minutes	19 Barre Class AND 7-Min Abs 30 Minutes	20 Full Body HIIT <i>Optional: Lower Abs</i> 20-30 Minutes	21 <i>Rest Day</i>
22 Go-To Strength + HIIT 35 Minutes	23 Upper Body HIIT 30 Minutes	24 Leg Day Strength 30 Minutes	25 Rest Day OR Yoga Sculpt 15 Minutes	26 Power Barre 30 Minutes	27 HIIT Pyramid with Dumbbells 30 Minutes	28 <i>Rest Day</i>

29 7 Best Strength Training Exercises 30 Minutes	30 HIIT Cardio and 7-Min Abs 20 Minutes
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