

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
7 Best Strength Training Exercises	Upper Body Strength AND HIIT Cardio	Leg Day Strength	Rest Day OR Lower Abs	Barre Blend	Cardio + Abs AND HIIT AMRAP	<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>20 Minutes</i>	

Week 2:

08	09	10	11	12	13	14
Full Body Strength + HIIT	Upper Body HIIT	Cardio Barre	Rest Day OR Lower Abs	Lower Body Strength	Full Body HIIT	<i>Rest Day</i>
<i>35 Minutes</i>	<i>30 Minutes</i>	<i>45 Minutes</i>	<i>10 Minutes</i>	<i>30 Minutes</i>	<i>30 Minutes</i>	