

# 14-DAY WORKOUT CHALLENGE

## INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on [nourishmovelove.com](http://nourishmovelove.com). And be sure to tag @nourishmovelove on social!

## Week 1:

01	02	03	04	05	06	07
<b>6 Booty Building Exercises</b>	<b>8 Best Back Exercises</b> <i>and optional Cardio + Abs</i>	<b>Cardio Barre Kickboxing</b>	<b>Rest Day Stretching</b> <i>or optional Power Yoga</i>	<b>Full Body Circuit</b>	<b>No Repeats HIIT</b>	<i>Rest Day Full Body Stretching</i>
30 Minutes	25-35 Minutes	45 Minutes	10-15 Minutes	35 Minutes	30 Minutes	10 Minutes

## Week 2:

08	09	10	11	12	13	14
<b>Resistance Band Legs</b>	<b>Arms + Abs Drop Set</b>	<b>Barre Blend</b>	<b>Rest Day Stretching</b> <i>or optional Power Yoga</i>	<b>Full Body Strength + HIIT</b> <i>Email Exclusive!</i>	<b>HIIT Cardio (High Impact OR Low Impact) AND 7-Min Abs</b>	<i>Rest Day Full Body Stretching</i>
30 Minutes	45 Minutes	30 Minutes	10-15 Minutes	35 Minutes	25 Minutes	10 Minutes