

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
Toned Arms	Glute Activation and Legs, Core + Cardio	Yoga Sculpt	Rest Day Stretching or optional Kickboxing Tabata	Full Body Pyramid	7 Best Strength Training Exercises	<i>Rest Day Full Body Stretching</i>
25 Minutes	30 Minutes	30 Minutes	10 Minutes	45 Minutes	30 Minutes	10 Minutes

Week 2:

08	09	10	11	12	13	14
Dumbbell Arms	Booty Building Glutes	Power Barre	Rest Day Stretching or optional HIIT Cardio (High Impact OR Low Impact)	Full Body Pyramid	Best Full Body Workout AND 7-Min Abs	<i>Rest Day Full Body Stretching</i>
30 Minutes	30 Minutes	30 Minutes	10-15 Minutes	35 Minutes	30 Minutes	10 Minutes