

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

8 Best Back Exercises

25 Minutes

02

Legs + Core AMRAP
and optional
8-Min Butt

30-38 Minutes

03

Cardio Kickboxing Barre

30 Minutes

04

Rest Day
OR
5-Min Abs
and
Cardio + Abs

15 Minutes

05

40/30/20 Full Body Circuit

30 Minutes

06

No Repeats Full Body Strength
and optional
5-Min Fat Burn

20-25 Minutes

07

Rest Day
Full Body Stretch

Week 2:

08

5 Best Chest Exercises

25 Minutes

09

Dumbbell Leg Workout

45 Minutes

10

Yoga Sculpt

30 Minutes

11

Rest Day
OR
7-Min Abs
and
5-Min Fat Burn

15 Minutes

12

Full Body Circuit

30 Minutes

13

No Repeats Full Body HIIT

30 Minutes

14

Rest Day
Full Body Stretch