

4-WEEK 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 MN Beef Full Body Strength 30 Minutes	02 Toned Arms <i>and optional</i> 5-Min Abs 30 Minutes	03 MN Pork Lower Body 45 Minutes	04 Rest Day <i>OR</i> Lower Abs 10 Minutes	05 Yoga Sculpt <i>and optional</i> 5-Min Fat Burn 30 Minutes	06 Full Body Pyramid 30 Minutes	07 Rest Day Stretch
08 MN Beef Full Body Circuit 30 Minutes	09 Resistance Band Legs <i>and optional</i> 8-Min Butt 30 Minutes	10 MN Pork Arms + Abs 45 Minutes	11 Rest Day <i>OR</i> Kickboxing Tabata 10 Minutes	12 Barre Class <i>AND Barre Core</i> 30 Minutes	13 Full Body Pyramid 45 Minutes	14 Rest Day Stretch
15 MN Beef Pyramid 35 Minutes	16 Dumbbell Arms <i>and optional</i> 5-Min Abs 30 Minutes	17 MN Pork Lower Body 45 Minutes	18 Rest Day <i>OR</i> Power Yoga 15 Minutes	19 Barre Boxing 30 Minutes	20 Full Body Strength + HIIT <i>Email List Exclusive!</i> 35 Minutes	21 Rest Day Stretch
22 MN Beef 40/30/20 Time Drop 30 Minutes	23 Lower Body <i>and optional</i> Glute Activation 30 Minutes	24 MN Pork Arms + Abs 45 Minutes	25 Rest Day <i>OR</i> Low Impact <i>OR</i> High Impact Cardio 15 Minutes	26 Barre Blend 30 Minutes	27 HIIT Pyramid <i>(1/2 or full pyramid)</i> 25-50 Minutes	28 Rest Day Stretch



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