

7-DAY SPLIT TRAINING

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on nourishmoveandlove.com. And be sure to tag @nourishmoveandlove on social!

Weekly Workout Plan

01	02	03	04	05	06	07
30-MINUTE	30-MINUTE	10-MINUTE	30-MINUTE	25-MINUTE	20-MINUTE	10-MINUTE
Leg Day Strength	Upper Body Push (Chest, Shoulders, Triceps)	Full Body Stretch <i>or optional</i> 30-MINUTE Yoga Sculpt	Lower Body (Glutes, Quads, Hamstrings, Thighs)	Back Workout <i>and</i> 5-MINUTE Abs	Full Body HIIT <i>and</i> 10-MINUTE Barre Core	Full Body Stretch <i>or optional</i> 10-MINUTE Foam Roll