

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
Legs + Back	Shoulder Workout <i>and 5-Minute Abs</i>	Bodyweight Barre	Rest Day Stretching <i>or Dynamic Mobility</i>	No Repeats Lower Body	Upper Body Push Workout	Full Body Stretching <i>or Foam Rolling</i>
30 Minutes	30 Minutes	30 Minutes	10 Minutes	30 Minutes	30 Minutes	10 Minutes

Week 2:

08	09	10	11	12	13	14
Booty Building Legs + Glute	Chest Workout <i>and 5-Minute Abs</i>	Full Body Resistance Band	Rest Day Stretching <i>or Dynamic Mobility</i>	Legs, Back + Biceps Pyramid	Upper Body and HIIT Cardio	Full Body Stretching <i>or Foam Rolling</i>
30 Minutes	30 Minutes	25 Minutes	10 Minutes	35 Minutes	20 Minutes	10 Minutes