

4-WEEK *Home Workout Plan*

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!

01 Leg Workout 30 Minutes	02 Push Day Workout 35 Minutes	03 Resistance Band Legs AND Resistance Band Abs 35 Minutes	04 Rest Day Stretch OR Recovery Yoga 10 Minutes	05 Pull Day Workout 35 Minutes	06 Cardio Abs 30 Minutes	07 Rest Day Stretch OR Foam Roll 10 Minutes
08 Drop Set Leg Workout 45 Minutes	09 Upper Body HIIT 30 Minutes	10 Full Body Kettlebell (or 1 dumbbell) 30 Minutes	11 Rest Day Stretch OR Recovery Yoga 10 Minutes	12 Arm Workout With Dumbbells 30 Minutes	13 No Repeats Lower Body 30 Minutes	14 Rest Day Stretch OR Foam Roll 10 Minutes
15 Drop Set Arms + Abs 45 Minutes	16 Abs, Butt + Thighs AND Kickboxing Tabata 25 Minutes	17 The Best Strength + HIIT 35 Minutes	18 Rest Day Stretch OR Recovery Yoga 10 Minutes	19 7 Best Strength Training 30 Minutes	20 Bodyweight Barre 30 Minutes	21 Rest Day Stretch OR Foam Roll 10 Minutes
22 Leg Workout 30 Minutes	23 Push Day Workout 35 Minutes	24 Resistance Band Legs AND Resistance Band Abs 35 Minutes	25 Rest Day Stretching OR Recovery Yoga 10 Minutes	26 Pull Day Workout 35 Minutes	27 Cardio Abs 30 Minutes	28 Rest Day Stretch OR Foam Roll 10 Minutes