

2-WEEK WORKOUT PLAN

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	Chest Workout and 5-Min Abs	Legs + Abs AMRAP	Rest Day Mobility or Foam Roll	Full Body Superset	Full Body HIIT and 7-Min Abs	Full Body Stretching or Foam Rolling
30 Minutes	30 Minutes	30 Minutes	10 Minutes	30 Minutes	30 Minutes	10 Minutes

Week 2

08	09	10	11	12	13	14
Legs, Back + Biceps Pyramid	Tricep Workout and 5-Min Abs	Legs + Cardio AMRAP	Rest Day Mobility or Foam Roll	No Repeats Full Body Strength	Full Body Athletic Workout	Full Body Stretching or Foam Rolling
30 Minutes	30 Minutes	30 Minutes	10 Minutes	20 Minutes	40 Minutes	10 Minutes



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