

# 2-WEEK WORKOUT PLAN

## INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on [nourishmovelove.com](http://nourishmovelove.com). And be sure to tag @nourishmovelove on social!

## Week 1

01	02	03	04	05	06	07
<b>Legs + Back</b>	<b>Chest Workout and 5-Min Abs</b>	<b>Legs + Abs AMRAP</b>	<b>Rest Day Mobility or Foam Roll</b>	<b>Full Body Superset</b>	<b>Full Body HIIT and 7-Min Abs</b>	<b>Full Body Stretching or Foam Rolling</b>
30 Minutes	30 Minutes	30 Minutes	10 Minutes	30 Minutes	30 Minutes	10 Minutes

## Week 2

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



This calendar was brought to you  
in partnership with

