

# 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>Arms + Abs</b>	<b>Kettlebell Pyramid</b>	<b>Yoga Sculpt</b>	<b>Rest Day Stretch or Abs</b>	<b>Upper Body Push Workout</b>	<b>Leg Day Strength</b>	<b>Full Body Stretch or Foam Rolling</b>
25 Minutes	45 Minutes	30 Minutes	10 Minutes	35 Minutes	30 Minutes	10 Minutes

## Week 2

08	09	10	11	12	13	14
<b>Full Body Pyramid</b>	<b>Shoulder, Bi + Tri and Cardio At-Home</b>	<b>Drop Set Legs</b>	<b>Rest Day Stretch or Yoga Abs</b>	<b>Upper Body Pull Workout</b>	<b>Full Body Tabata</b>	<b>Full Body Stretch or Foam Rolling</b>
40 Minutes	25 Minutes	45 Minutes	10-15 Minutes	35 Minutes	30 Minutes	10 Minutes

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