

# 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>Booty Building Legs</b>	<b>Back and Biceps</b>	<b>Leg Supersets</b>	<b>Rest Day Stretch or Abs</b>	<b>Arms and Abs</b>	<b>Full Body Strength + Conditioning</b>	<b>Full Body Stretch or Foam Rolling</b>
30 Minutes	30 Minutes	25 Minutes	10 Minutes	25 Minutes	35 Minutes	10 Minutes

## Week 2

08	09	10	11	12	13	14
<b>Legs and Abs AMRAP</b>	<b>Chest, Shoulders + Triceps</b>	<b>Lower Body</b>	<b>Rest Day or HIIT (High or Low Impact)</b>	<b>Arms and Back</b>	<b>Full Body Strength + HIIT</b>	<b>Full Body Stretch or Foam Rolling</b>
30 Minutes	30 Minutes	30 Minutes	10-15 Minutes	25 Minutes	35 Minutes	10 Minutes



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**BUTCHERBOX**