

# 2-WEEK WORKOUT PLAN

## INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on Youtube. And be sure to tag @nourishmovelove on social!

## Week 1

01

**Legs +  
Glutes**

35 Minutes

02

**Arms  
+ Abs**

25 Minutes

03

**Full Body  
Circuits**

35 Minutes

04

Rest Day  
or **Power  
Yoga Abs**

35 Minutes

05

**Full Body  
HIIT**

30 Minutes

06

**Bodyweight  
Burnout**

30 Minutes

## Week 2

07

**Kettlebell  
Legs**

35 Minutes

08

**Upper  
Body  
Push**

35 Minutes

09

**Full Body  
Supersets**

30 Minutes

10

Rest Day  
or **Cardio  
+ Core**

25 Minutes

11

**Lower  
Body  
Supersets**

25 Minutes

12

**Upper  
Body  
Pull**

35 Minutes

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