

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 + Butt	Toned Arms	Cardio Kickboxing Barre	Rest Day Stretch or Abs	Full Body Strength	Cardio + Core	Full Body Stretch or Foam Rolling
40 Minutes	25 Minutes	30 Minutes	5-10 Minutes	30 Minutes	30 Minutes	10 Minutes

WEEK 2

08	09	10	11	12	13	14
Lower Body	Upper Body HIIT	Barre Blend	Rest Day Stretch or Abs	Full Body Pyramid	Full Body Resistance Band	Full Body Stretch or Foam Rolling
30 Minutes	30 Minutes	30 Minutes	10 Minutes	30 Minutes	25 Minutes	10 Minutes

This calendar is brought to you in partnership with

