

3-2-8 Challenge

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

Kettlebell Legs

30 Minutes

—
+ 8K Steps

02

Mat Pilates

35 Minutes

—
+ 8K Steps

03

Push Day

30 Minutes

—
+ 8K Steps

04

Cardio Pilates Barre

30 Minutes

—
+ 8K Steps

05

Full Body Strength

30 Minutes

—
+ 8K Steps

WEEK 2

06

Booty + Legs

40 Minutes

—
+ 8K Steps

07

Pilates Glider

25 Minutes

—
+ 8K Steps

08

Pull Day

30 Minutes

—
+ 8K Steps

09

Pilates Strength

25 Minutes

—
+ 8K Steps

10

Full Body Strength

30 Minutes

—
+ 8K Steps