

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 Full Body EMOM <i>40 Minutes</i>	02 Arms + Abs Supersets <i>25 Minutes</i>	03 Leg Supersets <i>25 Minutes</i>	04 Abs + Butt <i>10 Minutes</i>	05 Strength + HIIT <i>35 Minutes</i>	06 Full Body Strength and Walk/Jog <i>15 Minutes</i>	07 Full Body Stretch or Foam Rolling <i>10 Minutes</i>
WEEK 2	08 1 Dumbbell Strength + HIIT <i>35 Minutes</i>	09 Toned Arms <i>25 Minutes</i>	10 Lower Body <i>35 Minutes</i>	11 Lower Abs <i>10 Minutes</i>	12 Strength + Kickboxing <i>40 Minutes</i>	13 Full Body Strength and Walk/Jog <i>25 Minutes</i>	14 Full Body Stretch or Foam Rolling <i>10 Minutes</i>

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