

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	
	Full Body Compound Exercises	Dumbbell Arms	SPI Legs	Mobility and Abs	Legs + Shoulders EMOM	Barre and Walk/Jog (10K Steps)	Full Body Mobility	
	<i>35 Minutes</i>	<i>25 Minutes</i>	<i>30 Minutes</i>	<i>12 Minutes</i>	<i>35 Minutes</i>	<i>15 Minutes</i>	<i>15 Minutes</i>	
	WEEK 2	08	09	10	11	12	13	14
		Full Body Strength	SPI Arms	Dumbbell Legs	Mobility and Abs	HIIT Pyramid	Yoga and Walk/Jog (10K Steps)	Full Body Mobility
		<i>30 Minutes</i>	<i>30 Minutes</i>	<i>20 Minutes</i>	<i>15 Minutes</i>	<i>40 Minutes</i>	<i>15 Minutes</i>	<i>15 Minutes</i>

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