

5-DAY WORKOUT SPLIT

INSTRUCTIONS:

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

DAY 1

**Full Body
Supersets**

30 Minutes

DAY 2

**Unilateral
Arms + Abs**

25 Minutes

DAY 3

**Unilateral
Legs +
Cardio**

30 Minutes

DAY 4

Mat Abs *and*
Walk/Jog
(10K Steps)

10 Minutes

DAY 5

**Full Body
Pyramid**

30 Minutes