

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

Lower Body Strength

35 Minutes

—
+ 8K Steps

02

Barre Pilates

25 Minutes

—
+ 8K Steps

03

Upper Body Strength

20 Minutes

—
+ 8K Steps

04

Cardio Barre

30 Minutes

—
+ 8K Steps

05

Full Body Strength

30 Minutes

—
+ 8K Steps

WEEK 2

06

Strength + HIIT

35 Minutes

—
+ 8K Steps

07

Pilates Class

25 Minutes

—
+ 8K Steps

08

Legs + Glutes

40 Minutes

—
+ 8K Steps

09

Barre Blend

30 Minutes

—
+ 8K Steps

10

Standing Arms

20 Minutes

—
+ 8K Steps