

FREE

**05
DAY**

WEIGHTED ABS CHALLENGE

INSTRUCTIONS:

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

DAY 01

**Weighted
Abs
On The Mat**

7 Minutes

DAY 02

**No Repeat
Standing
Abs**

7 Minutes

DAY 03

**Strong Abs
with
Weights**

7 Minutes

DAY 04

**Standing
Weighted
Abs Circuit**

7 Minutes

DAY 05

**No Repeat
Dumbbell
Abs + Core**

7 Minutes