

FREE

**14
DAY**

FITNESS 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	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06
Full Body AMRAP <i>30 Minutes</i>	Standing Abs + Arms <i>20 Minutes</i>	Glute-Focused Legs <i>40 Minutes</i>	Pilates Abs <i>15 Minutes</i>	Dumbbell Full Body <i>30 Minutes</i>	Zone 2 Cardio <i>15 Minutes</i>
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
Full Body Compound Strength <i>30 Minutes</i>	Best Leg Day <i>30 Minutes</i>	Upper Body HIIT <i>35 Minutes</i>	Kettlebell Abs <i>15 Minutes</i>	Full Body HIIT <i>35 Minutes</i>	Standing Cardio <i>15 Minutes</i>

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