

FREE

**7
DAY**

3-2-1 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 Strength	Power Pilates	Lower Body Strength	Pilates Barre	Upper Body Strength	Low Impact Cardio
<i>30 Minutes</i>	<i>30 Minutes</i>	<i>30 Minutes</i>	<i>25 Minutes</i>	<i>30 Minutes</i>	<i>35 Minutes</i>