

**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   |
|--|---|---|--|---|--|
| <b>Full Body Strength</b><br><i>30 Minutes</i> | <b>Strong Arms</b><br><i>30 Minutes</i>     | <b>Strong Legs</b><br><i>30 Minutes</i>     | <b>Standing Abs and 10K Steps</b><br><i>10 Minutes</i> | <b>Strength, Power &amp; Abs</b><br><i>30 Minutes</i> | <b>Full Body Strength</b><br><i>30 Minutes</i>   |
| DAY 08   | DAY 09                                      | DAY 10                                      | DAY 11   | DAY 12  | DAY 13   |
| <b>Standing Strength</b><br><i>30 Minutes</i>  | <b>Unilateral Arms</b><br><i>35 Minutes</i> | <b>Unilateral Legs</b><br><i>35 Minutes</i> | <b>Weighted Abs and 10K Steps</b><br><i>10 Minutes</i> | <b>Full Body Time-Drop</b><br><i>30 Minutes</i>       | <b>Strength &amp; Steps</b><br><i>20 Minutes</i> |

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