

**FREE**

**7  
DAY**

# WORKOUT CHALLENGE

## QUICK & EFFECTIVE HOME WORKOUTS

### 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<br/>Build<br/>&amp; Burn</b> | <b>Rep-Drop<br/>Upper<br/>Body</b> | <b>Lower<br/>Body<br/>Strength</b> | <b>Mat<br/>Pilates</b> | <b>Full<br/>Body<br/>HIIT</b> | <b>Full<br/>Body<br/>Mini Band</b> |
| <i>35 Minutes</i>                         | <i>20 Minutes</i>                  | <i>25 Minutes</i>                  | <i>15 Minutes</i>      | <i>25 Minutes</i>             | <i>30 Minutes</i>                  |

*This calendar is brought to you in partnership with*

