

**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 @nourishmove love on social!

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06
<b>At-Home Circuit Workout</b> <i>35 Minutes</i>	<b>Upper Body Trisets</b> <i>30 Minutes</i>	<b>Lower Body Trisets</b> <i>30 Minutes</i>	<b>Deep Core</b> <i>and 10K Steps</i> <i>10 Minutes</i>	<b>Full Body HIIT</b> <i>20 Minutes</i>	<b>Full Body Strength</b> <i>30 Minutes</i>
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
<b>Strength Power &amp; Abs</b> <i>35 Minutes</i>	<b>Strong Arms</b> <i>30 Minutes</i>	<b>Strong Legs</b> <i>30 Minutes</i>	<b>Lower Abs</b> <i>and 10K Steps</i> <i>10 Minutes</i>	<b>Strength &amp; Steps</b> <i>30 Minutes</i>	<b>Full Body AMRAP</b> <i>25 Minutes</i>

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