

# 12-WEEK WINTER ARC

## WORKOUT SCHEDULE | WEEK 1 - WEEK 4

### INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video.  
And be sure to tag @nourishmove love on social!

<b>DAY 01</b> <b>LEGS &amp; BACK</b>	<b>DAY 02</b> <b>ARMS</b>	<b>DAY 03</b> <b>GLUTES &amp; ABS</b>	<b>DAY 04</b> <b>CORE</b>	<b>DAY 05</b> <b>FULL BODY</b>
<b>DAY 06</b> <b>LEGS &amp; CHEST</b>	<b>DAY 07</b> <b>BACK &amp; ARMS</b>	<b>DAY 08</b> <b>LEGS &amp; ABS</b>	<b>DAY 09</b> <b>ABS</b>	<b>DAY 10</b> <b>FULL BODY</b>
<b>DAY 11</b> <b>FULL BODY PUSH</b>	<b>DAY 12</b> <b>UPPER BODY PULL</b>	<b>DAY 13</b> <b>LOWER BODY</b>	<b>DAY 14</b> <b>ABS &amp; CARDIO</b>	<b>DAY 15</b> <b>FULL BODY</b>
<b>DAY 16</b> <b>FULL BODY PULL</b>	<b>DAY 17</b> <b>UPPER BODY PUSH</b>	<b>DAY 18</b> <b>LEG CIRCUIT</b>	<b>DAY 19</b> <b>CARDIO &amp; CORE</b>	<b>DAY 20</b> <b>FULL BODY</b>

# 12-WEEK WINTER ARC

## WORKOUT SCHEDULE | WEEK 5 - WEEK 8

### INSTRUCTIONS:

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<b>DAY 21</b>	<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>
<b>FULL BODY</b>	<b>LOWER BODY</b>	<b>TOTAL ABS</b>	<b>BACK &amp; ARMS</b>	<b>FULL BODY</b>
<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>	<b>DAY 29</b>	<b>DAY 30</b>
<b>FULL BODY</b>	<b>LEGS &amp; BUTT</b>	<b>TOTAL CORE</b>	<b>UPPER BODY</b>	<b>FULL BODY</b>
<b>DAY 31</b>	<b>DAY 32</b>	<b>DAY 33</b>	<b>DAY 34</b>	<b>DAY 35</b>
<b>FULL BODY</b>	<b>CHEST &amp; TRICEPS</b>	<b>CARDIO &amp; ABS</b>	<b>LOWER BODY</b>	<b>FULL BODY</b>
<b>DAY 36</b>	<b>DAY 37</b>	<b>DAY 38</b>	<b>DAY 39</b>	<b>DAY 40</b>
<b>FULL BODY</b>	<b>QUADS &amp; GLUTES</b>	<b>CORE CIRCUIT</b>	<b>BACK &amp; ARMS</b>	<b>FULL BODY</b>

# 12-WEEK WINTER ARC

## WORKOUT SCHEDULE | WEEK 9 - WEEK 12

### INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video.  
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<b>DAY 41</b> <b>LEGS &amp; GLUTES</b>	<b>DAY 42</b> <b>UPPER BODY PUSH</b>	<b>DAY 43</b> <b>LOWER BODY</b>	<b>DAY 44</b> <b>BACK &amp; BICEPS</b>	<b>DAY 45</b> <b>FULL BODY</b>
<b>DAY 46</b> <b>QUADS &amp; GLUTES</b>	<b>DAY 47</b> <b>PUSH DAY</b>	<b>DAY 48</b> <b>LOWER BODY</b>	<b>DAY 49</b> <b>PULL DAY</b>	<b>DAY 50</b> <b>FULL BODY</b>
<b>DAY 51</b> <b>FULL BODY</b>	<b>DAY 52</b> <b>UPPER BODY</b>	<b>DAY 53</b> <b>LOWER BODY</b>	<b>DAY 54</b> <b>HIIT ABS</b>	<b>DAY 55</b> <b>FULL BODY</b>
<b>DAY 56</b> <b>TOTAL BODY</b>	<b>DAY 57</b> <b>ARMS &amp; BACK</b>	<b>DAY 58</b> <b>LEGS &amp; BUTT</b>	<b>DAY 59</b> <b>CARDIO ABS</b>	<b>DAY 60</b> <b>FULL BODY</b>