

# ATHLETE 25

## 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

**LEGS &  
BACK  
TRISSETS**

DAY 02

**PUSH  
DAY  
REP DROP**

DAY 03

**LEGS &  
GLUTES  
LADDER**

DAY 04

**ABS &  
AGILITY  
CIRCUITS**

DAY 05

**FULL  
BODY  
TIME DROP**

DAY 06

**LEGS &  
CHEST  
TRISSETS**

DAY 07

**PULL  
DAY  
REP DROP**

DAY 08

**LOWER  
BODY  
LADDER**

DAY 09

**CARDIO  
AGILITY  
CIRCUITS**

DAY 10

**FULL  
BODY  
TIME DROP**