

4-DAY WORKOUT SPLIT

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
Compound Arm Day <i>30 Minutes</i>	Compound Legs & Glutes <i>35 Minutes</i>	<i>Rest Day</i>	Upper Body Strength <i>30 Minutes</i>
DAY 05	DAY 06	DAY 07	You Did It! Repeat As Needed
Lower Body and Core <i>30 Minutes</i>	<i>Rest Day</i>	<i>Rest Day</i>	

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