

FREE

**07**  
**DAY**

# HYPERTROPHY WORKOUT PLAN

## 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
<b>Legs &amp; Glutes Supersets</b> <i>35 Minutes</i>	<b>Push Day Trisets</b> <i>35 Minutes</i>	<b>Glutes &amp; Hammies Circuits</b> <i>35 Minutes</i>	<b>Pull Day Trisets</b> <i>35 Minutes</i>
DAY 05	DAY 06	DAY 07	<b>You Did It! Repeat As Needed</b>
<b>Full Body Trisets</b> <i>35 Minutes</i>	<i>Rest Day</i>	<i>Rest Day</i>	

NOURISH **MOVE** LOVE