

50+ 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
Upper Body Strength <i>25 Minutes</i>	Low-Intensity Cardio <i>15 Minutes</i>	Lower Body Strength <i>30 Minutes</i>	Mobility & Recovery <i>10 Minutes</i>
DAY 05	DAY 06	DAY 07	You Did It! Repeat For 12 Weeks, Increasing Weights As Able!
Full Body Strength <i>30 Minutes</i>	Low-Impact Cardio <i>15 Minutes</i>	<i>Rest Day</i>	