

FREE

**03
DAY**

3-DAY WEEKLY WORKOUT SPLIT

INSTRUCTIONS:

*Click The **bold text** on each day to access the full workout plus guided video.
And be sure to tag @nourishmovelove on social!*

WORKOUT 01

**Full Body:
Strength
x HIIT**

30 Minutes

WORKOUT 02

**Full Body:
Push/Pull**

30 Minutes

WORKOUT 03

**Full Body:
Build &
Burn**

30 Minutes