

PUSH / PULL / LEGS

3-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
UPPER BODY PUSH 30 Mins	REST DAY	UPPER BODY PULL 30 Mins	REST DAY
DAY 05	DAY 06	DAY 07	YOU DID IT! REPEAT AS NEEDED
LEGS 35 Mins	REST DAY	REST DAY	