

PUSH / PULL / LEGS

6-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

UPPER BODY PUSH

30 Mins

DAY 02

UPPER BODY PULL

30 Mins

DAY 03

LEGS

30 Mins

DAY 04

REST DAY

DAY 05

UPPER BODY PUSH

30 Mins

DAY 06

UPPER BODY PULL

30 Mins

DAY 07

LEGS

30 Mins

**YOU DID IT!
REPEAT
AS NEEDED**