









2-WEEK WORKOUT PLAN

INSTRUCTIONS:

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

WEEK 1	01  Total Body Pyramid <i>35 Minutes</i>	02  Unilateral Arms <i>35 Minutes</i>	03  Strong Legs <i>30 Minutes</i>	04 Rest Day Stretch <i>or</i> Abs + Butt <i>10 Minutes</i>	05  Full Body Circuit <i>30 Minutes</i>	06 Cardio <i>15 Minutes</i>	07 Full Body Stretch <i>or Foam Rolling</i> <i>10 Minutes</i>
	08  Build + Burn <i>30 Minutes</i>	09  Strong Arms <i>30 Minutes</i>	10  Unilateral Legs <i>35 Minutes</i>	11 Rest Day Stretch <i>or Abs</i> <i>10 Minutes</i>	12  Full Body HIIT Circuit <i>35 Minutes</i>	13 Full Body Strength <i>15 Minutes</i>	14 Full Body Stretch <i>or Foam Rolling</i> <i>10 Minutes</i>

This calendar is brought to you in partnership with

