










4-WEEK WORKOUT CHALLENGE

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  Full Body Build + Burn 30 Minutes	02  Arms + Abs Drop Sets 45 Minutes	03  Lower Body Strength (Trisets) 30 Minutes	04 Stretch OR Abs + Butt 10-Minutes	05  Full Body Circuit Training 30 Minutes	06 HIIT Cardio OR Walk/Run 15 Minutes	07 <i>Rest Day</i>
	08  Full Body Strength + Abs 30 Minutes	09  Unilateral Legs 35 Minutes	10  Upper Body Strength (Trisets) 30 Minutes	11 Stretch OR Power Legs 10 Minutes	12  Full Body Pyramid 35 Minutes	13 Full Body Strength OR Walk/Run 15 Minutes	14 <i>Rest Day</i>
	15  Full Body Circuits 30 Minutes	16  Unilateral Arms 35 Minutes	17  Leg Day Drop Sets 45 Minutes	18 Stretch OR Mini Band Arms 15 Minutes	19  Full Body HIIT 35 Minutes	20 Full Body Mini Band OR Walk/Run 25 Minutes	21 <i>Rest Day</i>
	22  Full Body Cardio + Strength 35 Minutes	23  Upper Body Strength (Trisets) 30 Minutes	24  Lower Body Strength (Trisets) 30 Minutes	25 Stretch OR Intense Abs 10 Minutes	26  Full Body Strength Circuits 30 Minutes	27 Full Body Strength OR Walk/Run 30 Minutes	28 <i>Rest Day</i>

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