

# 2-WEEK WORKOUT PLAN

## INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on [nourishmovelove.com](http://nourishmovelove.com). And be sure to tag @nourishmovelove on social!

## Week 1

01	02	03	04	05	06	07
<b>Lower Body</b>	<b>Strength + Kickboxing</b>	<b>Shoulder, Bi + Tri and Weighted Abs</b>	<b>Rest Day Mobility or Power Legs</b>	<b>Legs + Chest</b>	<b>Full Body Circuit</b>	<b>Full Body Stretching or Foam Rolling</b>
<i>30 Minutes</i>	<i>40 Minutes</i>	<i>30 Minutes</i>	<i>10 Minutes</i>	<i>35 Minutes</i>	<i>30 Minutes</i>	<i>10 Minutes</i>

## Week 2

08	09	10	11	12	13	14
<b>Arms + Abs Drop Set</b>	<b>Leg Supersets and Power Legs</b>	<b>Core + Cardio Kickboxing and 5-Minute Abs</b>	<b>Rest Day Mobility or Barre</b>	<b>Legs + Back</b>	<b>Full Body Strength and Weighted Abs</b>	<b>Full Body Stretching or Foam Rolling</b>
<i>45 Minutes</i>	<i>30 Minutes</i>	<i>30 Minutes</i>	<i>15 Minutes</i>	<i>35 Minutes</i>	<i>30 Minutes</i>	<i>10 Minutes</i>