

FREE

**14
DAY**

FITNESS CHALLENGE

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	DAY 05	DAY 06
Strength Power + Abs <i>35 Minutes</i>	Upper Body Trisets <i>30 Minutes</i>	Lower Body Trisets <i>30 Minutes</i>	Daily Abs <i>and</i> <i>10K Steps</i> <i>10 Minutes</i>	3-2-1 Full Body <i>30 Minutes</i>	Full Body Strength <i>30 Minutes</i>
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
Standing Strength + Steps <i>30 Minutes</i>	Strong Arms <i>30 Minutes</i>	Strong Legs <i>30 Minutes</i>	Circuit Abs <i>and</i> <i>10K Steps</i> <i>7 Minutes</i>	LISS Cardio <i>30 Minutes</i>	Single Dumbbell Strength <i>25 Minutes</i>

This calendar was brought to you in partnership with

