

FREE

07
DAY

4-1-1 METHOD

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
Total Body Strict Sets <i>35 Minutes</i>	Dumbbell Arms <i>25 Minutes</i>	Dumbbell Legs <i>30 Minutes</i>	Barre Pilates HIIT <i>30 Minutes</i>
DAY 05	DAY 06	DAY 07	
Full Body Strength <i>30 Minutes</i>	LISS Cardio <i>30 Minutes</i>	Full Body Stretch <i>10 Minutes</i>	You Did It!!