

# 4-WEEK WORKOUT CHALLENGE

## 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!

01 <b>MN Pork Arms + Abs</b> 45 Minutes	02 <b>Leg Supersets</b> 25 Minutes	03 <b>MN Beef Cardio + Strength</b> 40 Minutes	04 <b>Rest Day Stretch OR Weighted Abs</b> 10 Minutes	05 <b>Legs + Back</b> 30 Minutes	06 <b>Strength + Cardio Kickboxing</b> 40 Minutes	07 <b>Rest Day Stretch</b>
08 <b>MN Pork Drop Set Legs</b> 45 Minutes	09 <b>Chest + Arms</b> 25 Minutes	10 <b>MN Beef Full Body Pyramid</b> 35 Minutes	11 <b>Rest Day Stretch OR 5-Min Abs</b> 5-10 Minutes	12 <b>10-Min Arms AND 15-Min Cardio</b> 25 Minutes	13 <b>Legs + Butt</b> 40 Minutes	14 <b>Rest Day Stretch</b>
15 <b>MN Pork Arms + Abs</b> 45 Minutes	16 <b>Leg Workout At-Home</b> 30 Minutes	17 <b>MN Beef HIIT Circuit</b> 35 Minutes	18 <b>Rest Day Stretch OR 7-Min Abs</b> 7-10 Minutes	19 <b>Best Strength + HIIT</b> 35 Minutes	20 <b>Core + Cardio Kickboxing</b> 25 Minutes	21 <b>Rest Day Stretch</b>
22 <b>MN Pork Drop Set Legs</b> 45 Minutes	23 <b>Tabata Arms AND Cardio Tabata</b> 25 Minutes	24 <b>MN Beef Full Body Circuit</b> 30 Minutes	25 <b>Rest Day Stretch OR Standing Abs</b> 10 Minutes	26 <b>Cardio + Abs</b> 30 Minutes	27 <b>Full Body HIIT Pyramid</b> 40 Minutes	28 <b>Rest Day Stretch</b>



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