

FREE

**03
DAY**

3-DAY WEEKLY WORKOUT SPLIT

INSTRUCTIONS:

*Click the **bold text** on each day to access the full workout + guided video.
And be sure to tag @nourishmovelove on social!*

WORKOUT 01

**Full Body:
Legs & Back
Focus**

35 Minutes

WORKOUT 02

**Full Body:
Legs & Chest
Focus**

35 Minutes

WORKOUT 03

**Full Body:
Legs & Shoulders
Focus**

35 Minutes