

METCON 100

INSTRUCTIONS:

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

WEEK 1

01

FULL BODY

(thrusters)

02

UPPER BODY

(push ups)

03

LOWER BODY

(squats)

04

ABS + CARDIO

(burpees)

05

FULL BODY

(swings)

WEEK 2

06

FULL BODY

(snatches)

07

ARMS

(back rows)

08

LEGS

(lunges)

09

CORE + CARDIO

(crunches)

10

FULL BODY

(surprise!)