

SPLITSTRONG 35

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

**LEGS +
BACK**

02

**UPPER
BODY
PUSH**

03

**LEGS +
GLUTES**

04

**POWER
YOGA**

05

**CARDIO
+ CORE
(#1)**

Week 2:

06

**LEGS +
CHEST**

07

**UPPER
BODY
PULL**

08

**UNILATERAL
LEGS**

09

**DYNAMIC
STRETCH +
MOBILITY**

10

**CARDIO
+ CORE
(#2)**