

STRONG 20

INSTRUCTIONS:

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

WEEK 1

01

**LEGS
+ BACK**

02

**ARMS +
SHOULDERS**

03

**GLUTES
+ ABS**

04

**STANDING
CORE**

05

**FULL
BODY**

WEEK 2

06

**LEGS
+ CHEST**

07

**BACK
+ ARMS**

08

**LEGS
THIGHS
+ ABS**

09

**CORE
TRAINING**

10

**FULL
BODY**