

5-DAY WORKOUT SPLIT

INSTRUCTIONS:

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

DAY 1

**Full Body
Supersets**

30 Minutes

DAY 2

**Unilateral
Arms + Abs**

25 Minutes

DAY 3

**Unilateral
Legs +
Cardio**

30 Minutes

DAY 4

**Mat Abs and
Walk/Jog
(10K Steps)**

10 Minutes

DAY 5

**Full Body
Pyramid**

30 Minutes

Solid Gold Five Day Workout

Xiaolong Qi



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