

# 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

**Richard Bailey**



## **Solid Gold Five Day Workout:**

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Solid Gold Five Day Workout** . In a downloadable PDF format ( Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

<https://ftp.thebrandexperience.com/About/book-search/index.jsp/When%20Cats%20Go%20Wrong.pdf>

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