



“4-1-1” WORKOUT METHOD

INSTRUCTIONS:

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

DAY 01	DAY 02	DAY 03	DAY 04
<p>Total Body Strict Sets</p> <p><i>35 Minutes</i></p>	<p>Dumbbell Arms</p> <p><i>25 Minutes</i></p>	<p>Dumbbell Legs</p> <p><i>30 Minutes</i></p>	<p>Barre Pilates HIIT</p> <p><i>30 Minutes</i></p>
DAY 05	DAY 06	DAY 07	
<p>Full Body Strength</p> <p><i>30 Minutes</i></p>	<p>LISS Cardio</p> <p><i>30 Minutes</i></p>	<p>Full Body Stretch</p> <p><i>10 Minutes</i></p>	<p>You Did It!!!</p>

Method For Home Workout Routine In 2026 Easy Method For Home Workout

Ensheng Dong



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