

MENOPAUSE MUSCLE BUILDER

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Training Split Day – Biceps, Triceps, Shoulders 1 45 Minutes	GOLD Butt + Legs + Thighs 2 45 Minutes	ACTIVE DAY OF REST	GOLD Yoga Tune up – Hip Openers 1 30 Minutes	GOLD No Jumping Strength 4 45 Minutes	GOLD Power Walking 1 30 Minutes or Cardio of Your Choice	ACTIVE DAY OF REST
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD Lengthen and Strengthen 3 30 Minutes	GOLD Training Split Day – Legs and Buns 2 30 Minutes	ACTIVE DAY OF REST	GOLD Meditative Yoga 2 45 Minutes	Straight Up Strength 40 Minutes	Kick Butt Kickboxing 45 Minutes or Cardio of Your Choice	ACTIVE DAY OF REST
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD Upper Body Max Out 2 45 Minutes	Low Impact Lower Body 25 Minutes	ACTIVE DAY OF REST	GOLD Flow & Yin Yoga 3 30 Minutes	GOLD Pyramid Power Plus 5 (Single Sided) 45 Minutes	5,000 Step Indoor Walking 45 Minutes or Cardio of Your Choice	ACTIVE DAY OF REST
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD Kickboxing Strength 2 45 Minutes	GOLD Cardio + Core Burner 3 30 Minutes	ACTIVE DAY OF REST	GOLD Beginner Slow Flow Yoga 1 30 Minutes	Calorie Sizzler 30 Minutes or Cardio of Your Choice	ACTIVE DAY OF REST	Dumbbell HIIT 30 Minutes