

4-2-1 WORKOUT PLAN (GOLD CALENDAR)

WORKOUT CALENDAR *INCLUDES BOTH GOLD AND PREMIUM VIDEOS

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD MUSCLE BURNOUT 1 50 Minutes	GOLD CARDIO MIX 1 45 Minutes	SUPERSET CIRCUITS UPPER BODY 3 35 Minutes	GOLD POWER WALKING 5 35 Minutes	SUPERSET CIRCUITS LOWER BODY 3 30 Minutes	GOLD STRICTLY STRENGTH 3 45 Minutes	FEEL GOOD YOGA 2 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
SUPERSET CIRCUITS UPPER BODY 2 35 Minutes	GOLD NO JUMPING CARDIO HIIT 3 30 Minutes	SUPERSET CIRCUITS LOWER BODY 2 30 Minutes	GOLD THE MIX 3 35 Minutes	ABS & BOOTY 2 35 Minutes	MUSCLE BURNOUT 2 45 Minutes	HIP SHOULDER SPINE MOBILITY WORKOUT 20 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LOW IMPACT UPPER BODY CIRCUITS 2 30 Minutes	GOLD POWER WALKING 6 35 Minutes	TIME DROP STRENGTH 3 30 Minutes	KICKBUTT KICKBOXING 3 45 Minutes	LOW IMPACT LOWER BODY CIRCUITS 2 35 Minutes	GOLD LIFT 2 35 Minutes	GOLD PILATES YOGA FUSION 4 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD PUSH PULL STRENGTH DAY 2 35 Minutes	GOLD CARDIO KICKBOXING 7 45 Minutes	NO LUNGE LEG DAY 1 35 Minutes	GOLD LOW IMPACT ENDURANCE CARDIO 1 30 Minutes	LOW IMPACT LOWER BODY CIRCUITS 1 40 Minutes	LOW IMPACT UPPER BODY CIRCUITS 1 35 Minutes	MOVE BETTER MOBILITY 1 25 Minutes

 STRENGTH

 CARDIO

 YOGA/MOBILITY