

STRONG IN 45

GOLD WORKOUT CALENDAR

GET HEALTHY **U**TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD BONE BUILDING STRENGTH 2 45 Minutes	GOLD 2 MILE MOOD BOOSTING WALK 1 30 Minutes	GOLD WALK + CORE 4 35 Minutes	ADOR	GOLD STEP HIIT 6 50 Minutes	VINYASA YOGA FLOW 7 30 Minutes	ADOR
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD 1000 LEGS 4 40 Minutes	GOLD KICKBOXING + STRENGTH 6 50 Minutes	ONE DUMBBELL HIIT 5 50 Minutes	ADOR	GOLD STRONG IN 45 #2 50 Minutes	GOLD BARRE CARDIO 1 30 Minutes	ADOR
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD STRENGTH TRAINING SPLIT DAY – BACK AND BICEPS 2 30 Minutes	GOLD 500 REP CORE 5 30 Minutes	GOLD 2 MILE WALK PARTY #2 30 Minutes	ADOR	GOLD SLOW AND STRONG 8 UNILATERAL 50 Minutes	GOLD YOGA SCULPT 14 50 Minutes	ADOR
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD STEP STRENGTH 8 35 Minutes	GOLD BALANCE AND CORE 3 35 Minutes	GOLD WALK & SCULPT 7 45 Minutes	ADOR	GOLD STRONG IN 45 #3 50 Minutes	GOLD MINI BAND BARRE 5 30 Minutes	ADOR