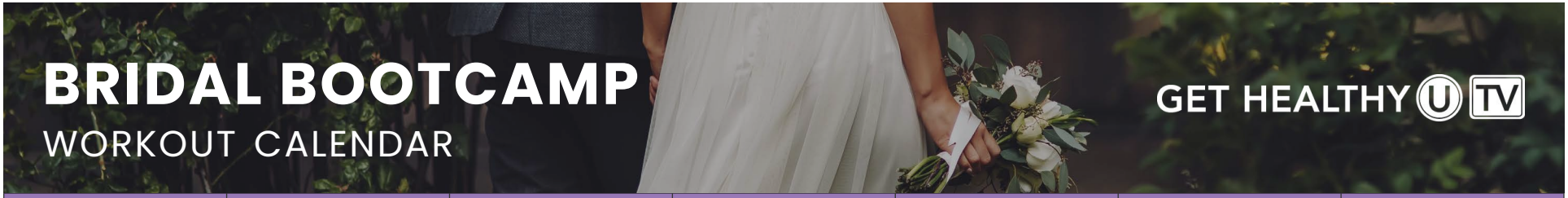

BRIDAL BOOTCAMP

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD SUPERSET CIRCUITS UPPER BODY 2 33 Minutes	PYRAMID POWER PREMIUM 2 45 Minutes	GOLD SUPERSET CIRCUITS LOWER BODY 2 32 Minutes	DUMBBELL HIIT 30 Minutes	KICK BUTT KICKBOXING 43 Minutes	DAY OFF	GOLD Chill Yoga 1 31 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD FULL-BODY CIRCUIT (FBC) 7 49 Minutes	PYRAMID POWER PREMIUM 3 44 Minutes	GOLD BODY ZONE BREAKDOWN 4 46 Minutes	GOLD BICEP TRICEP AND BUTT (BTB) 1 35 Minutes	GOLD BOXING + BAR 3 47 Minutes	DAY OFF	YOGA SCULPT PREMIUM 2 29 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD ATHLETIC BARRE 5 50 Minutes	GOLD PYRAMID POWER 8 44 Minutes	GOLD BODY ZONE BREAKDOWN 5 50 Minutes	GOLD STRENGTH + JUMP ROPE 1 52 Minutes	KICK BUTT KICKBOXING 2 32 Minutes	DAY OFF	GOLD HIIT AND FLOW 2 47 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD FULL-BODY CIRCUIT (FBC) 8 46 Minutes	GOLD PYRAMID POWER 9 50 Minutes	GOLD BARRE FUSION 1 48 Minutes	GOLD DIRTY 30 – VERSION 5 33 Minutes	GOLD BOXING + BAR 4 34 Minutes	DAY OFF	GOLD YOGA FOR STRENGTH 1_ 35 Minutes