

ACTIVE AGING (BEGINNER)

WORKOUT CALENDAR

GET HEALTHY  

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FAT BURNING BEGINNER TOTAL BODY WORKOUT 1 25 Minutes	RAISE THE BARRE 2 35 Minutes	Active Day of Rest	FAT BURNING BEGINNER WORKOUTS: UPPER BODY 25 Minutes	YOGA SCULPT PREMIUM 3 30 Minutes	FAT BURNING BEGINNER WORKOUTS: LOWER BODY 20 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MORNING YOGA STRETCH 20 Minutes	Barre Burn 3 25 Minutes	Active Day of Rest	FAT BURNING BEGINNER WORKOUTS: CARDIO 20 Minutes	FAT BURNING BEGINNER WORKOUT: BEGINNER EASY YOGA 20 Minutes	10 Minute Mat Pilates 10 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
FAT BURNING BEGINNER WORKOUTS: BARRE 25 Minutes	UPPER-BODY STRENGTH + STRETCH 45 Minutes	Active Day of Rest	LOWER BODY STRENGTH + STRETCH 40 Minutes	FEEL GOOD YOGA FLOW 1 30 Minutes	FAT BURNING BEGINNER WORKOUTS: STANDING CORE 20 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WALK SWEAT SCULPT TOTAL BODY 45 Minutes	Feel Good Yoga 2 30 Minutes	Active Day of Rest	4,000 STEP WALKING WORKOUT 30 Minutes	PREMIUM PILATES-YOGA FUSION 2 35 Minutes	Active Day of Rest	Boosted Fitness Walk 2 45 Minutes