

TOTAL BODY TRANSFORMATION

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BOOSTED FITNESS WALK 35 Minutes	ULTIMATE INTERVALS 3 45 Minutes	BARRE BURN 3 25 Minutes	STANDING UPPER BODY 20 Minutes	STANDING LOWER BODY 20 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	STANDING CORE BODY 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
FEEL GOOD YOGA 2 30 Minutes	KICKBUTT KICKBOXING 3 45 Minutes	AMRAPs 1 30 Minutes	UNILATERAL STRENGTH 1 30 Minutes	CARDIO + CORE BURNER 35 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	BOOSTED FITNESS WALK 2 45 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
PUSH, PULL, TWIST: STRENGTH + STRETCH 45 Minutes	LEGS AND BALANCE: STRENGTH + STRETCH 45 Minutes	BANDED BARRE 20 Minutes	YOGA SCULPT PREMIUM 3 30 Minutes	LOW IMPACT DUMBBELL STRENGTH 2 35 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	PREMIUM STEP AND SCULPT 1 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
UPPER BODY HIIT 2 25 Minutes	HIP SHOULDER SPINE MOBILITY WORKOUT 20 Minutes	LOWER BODY HIIT 2 25 Minutes	CALORIE SIZZLER 2 35 Minutes	TOTAL BODY HIIT 2 25 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	UNILATERAL UPPER BODY: STRENGTH + STRETCH 45 Minutes

PREMIUM WALKING WORKOUTS