SPLIT TRAINING STRENGTH

WORKOUT CALENDAR



GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Split Day – Chest, Shoulders, Triceps 1 30 Minutes	GOLD Split Day – Legs and Buns 1 30 Minutes	GOLD Split Day – Back and Biceps 1 30 Minutes	DAY OFF or GOLD Flow & Yin 1 30 Minutes	GOLD Split Day – Core 1 30 Minutes	Kick Butt Kickboxing 40 Minutes	DAY OFF or GOLD Pilates Yoga Fusion 2 40 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD Split Day – Push-Pull Day Chest and Back 1 30 Minutes	GOLD Split Day – Legs and Buns 2 30 Minutes	GOLD Split Day – Biceps, Triceps, Shoulders 1 30 Minutes	GOLD Split Day – Strength + Mobility 1 30 Minutes	GOLD HIIT Mixer 1 40 Minutes	DAY OFF or GOLD Hatha Yoga 2 40 Minutes	Jab Punch Crunch HIIT 30 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD Split Day – Core 2 30 Minutes	GOLD Split Day – Back and Biceps 1 30 Minutes	GOLD Athletic Cardio 1 40 Minutes	GOLD Split Day – Chest, Shoulders, Triceps 1 30 Minutes	DAY OFF or GOLD Meditative Yoga 1 30 Minutes	GOLD Split Day – Legs and Buns 1 30 Minutes	GOLD Split Day – Core 1 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD Split Day – Push-Pull Day Chest and Back 1 30 Minutes	GOLD Split Day – Legs and Buns 2 30 Minutes	DAY OFF or GOLD Flow & Yin Yoga 3 30 Minutes	GOLD Meditative Yoga 2 40 Minutes	GOLD Split Day – Biceps, Triceps, Shoulders 1 30 Minutes	GOLD Split Day – Core 2 30 Minutes	Straight Up Strength 40 Minutes