

30 FOR 30*

WORKOUT CALENDAR *INCLUDES GOLD WORKOUTS

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD PYRAMID POWER 13 30 Minutes	GOLD CARDIO KICKBOXING 8 35 Minutes	GOLD TIME DROP STRENGTH 4 30 Minutes	GOLD NO JUMPING TABATA HIIT 8 30 Minutes	ADOR	GOLD ABS & BOOTY 4 35 Minutes	GOLD CARDIO + LIGHT WEIGHTS 3 30 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD STRICTLY STRENGTH 4 35 Minutes	GOLD POWER WALKING 7 35 Minutes	GOLD LOW IMPACT RESISTANCE BAND STRENGTH 4 35 Minutes	ADOR	GOLD BARRE SCULPT 5 35 Minutes	GOLD TIME DROP STRENGTH 3 30 Minutes	GOLD VINYASA YOGA FLOW 6 35 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD UNILATERAL STRENGTH 5 35 Minutes	ADOR	GOLD PILATES YOGA FUSION 4 30 Minutes	GOLD LOW IMPACT ENDURANCE CARDIO 3 30 Minutes	GOLD SWEAT AND SCULPT 5 35 Minutes	GOLD ONE DUMBBELL HIIT 4 35 Minutes	GOLD MAT PILATES 6 35 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
ADOR	GOLD BICEP TRICEP AND BUTT (BTB) 3 35 Minutes	GOLD SUPERSET CIRCUITS UPPER BODY 3 35 Minutes	GOLD SUPERSET CIRCUITS LOWER BODY 3 30 Minutes	GOLD WALK + CORE 1 35 Minutes	ADOR	GOLD YOGA TUNE UP – CHEST + SHOULDERS OPENER 1 35 Minutes
DAY 29	**DAY 30**					
GOLD SPEED WALKING 1 30 Minutes	GOLD STANDING STRENGTH 2 35 Minutes					