

SWEAT IN 30 (GOLD)

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD: Total Body Strength 30 Minutes	GOLD: Stability Ball Burner 30 Minutes	GOLD: Cardio + Core Burner 30 Minutes	GOLD: Pilates Core Strength 2 30 Minutes	DAY OFF	GOLD: Cardio Step 2 30 Minutes	GOLD: Power Flow Yoga 1 30 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD: Circuits 1-2-3 (Version 2) 30 Minutes	GOLD: Mini Band Barre 2 30 Minutes	GOLD: Vinyasa Yoga 3 30 Minutes	DAY OFF	GOLD: Bodyweight Circuit Breaker 2 30 Minutes	GOLD: Low Impact Fusion 2 30 Minutes	GOLD: Kettlebell Circuits 30 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD: FIT (Functional Interval Training) 30 Minutes	DAY OFF	GOLD: Medicine Ball Bootcamp 2 30 Minutes	GOLD: Cardio + Core Burner 2 30 Minutes	GOLD: AMRAPS 3 Bodyweight Workout 30 Minutes	GOLD: Stability Ball Burner 30 Minutes	GOLD: Coming Down the Ladder 2 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
DAY OFF	GOLD: Buff Body Yoga 3 30 Minutes	GOLD: Cardio Kickboxing 3 30 Minutes	GOLD: Mat Pilates 3 30 Minutes	GOLD: CRT 2 (Cardio Resistance Training) 30 Minutes	GOLD: Pilates on the Stability Ball 30 Minutes	GOLD: Kettlebell AMRAPS 30 Minutes