

# SERIOUS STRENGTH

## WORKOUT CALENDAR

GET HEALTHY 



| DAY 1                                                    | DAY 2                                   | DAY 3                                                       | DAY 4                                   | DAY 5                                                         | DAY 6                                  | DAY 7                                 |
|----------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------|----------------------------------------|---------------------------------------|
| STANDING<br>LOWER BODY<br>20 Minutes                     | STANDING<br>UPPER BODY<br>20 Minutes    | A DAY<br>OF REST                                            | EXTREME<br>CIRCUITS 1<br>50 Minutes     | STRETCH AND<br>FLEXIBILITY 1<br>25 Minutes                    | A DAY<br>OF REST                       | CARDIO + CORE<br>BURNER<br>35 Minutes |
| DAY 8                                                    | DAY 9                                   | DAY 10                                                      | DAY 11                                  | DAY 12                                                        | DAY 13                                 | DAY 14                                |
| 3-2-1 #3<br>40 Minutes                                   | A DAY<br>OF REST                        | LEGS AND<br>BALANCE:<br>STRENGTH +<br>STRETCH<br>40 Minutes | BOOSTED FITNESS<br>WALK 2<br>50 Minutes | UNILATERAL UPPER<br>BODY: STRENGTH<br>+ STRETCH<br>40 Minutes | FEEL GOOD<br>YOGA FLOW 1<br>30 Minutes | A DAY<br>OF REST                      |
| DAY 15                                                   | DAY 16                                  | DAY 17                                                      | DAY 18                                  | DAY 19                                                        | DAY 20                                 | DAY 21                                |
| PUSH, PULL TWIST:<br>STRENGTH +<br>STRETCH<br>45 Minutes | KICKBUTT<br>KICKBOXING 3<br>45 Minutes  | WALK SWEAT<br>SCULPT TOTAL<br>BODY<br>45 Minutes            | A DAY<br>OF REST                        | LOW IMPACT<br>DUMBBELL<br>STRENGTH<br>50 Minutes              | STANDING<br>CORE BODY<br>20 Minutes    | A DAY<br>OF REST                      |
| DAY 22                                                   | DAY 23                                  | DAY 24                                                      | DAY 25                                  | DAY 26                                                        | DAY 27                                 | DAY 28                                |
| LOW IMPACT<br>BURN 2<br>30 Minutes                       | STRAIGHT UP<br>STRENGTH 2<br>40 Minutes | A DAY<br>OF REST                                            | FEEL GOOD<br>YOGA 2<br>30 Minutes       | LOW IMPACT<br>DUMBBELL<br>STRENGTH 2<br>35 Minutes            | A DAY<br>OF REST                       | AMRAPs 1<br>30 Minutes                |