

TOTAL BODY EXPRESS

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Circuits in 6 20 Minutes	Active Day of Rest	Cardio Kickbox 20 Minutes	Active Day of Rest	Serious Strength Upper Body 2 20 Minutes	Active Day of Rest or Yoga Flow 20 Minutes	Serious Strength Lower Body 2 20 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
2,000-Step Walking Workout 20 Minutes	Active Day of Rest	Pyramid Power Premium 1 20 Minutes	Active Day of Rest	Jab Punch Crunch Burner Workout 20 Minutes	Active Day of Rest	Low Impact Lower Body 20 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
Full Body HIIT Workout 20 Minutes	Active Day of Rest	Jab Punch Crunch Core Workout 20 Minutes	Active Day of Rest	Indoor Interval Walking Workout 20 Minutes	Active Day of Rest	Circuits in 6 2 20 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
Serious Strength Upper Body 2 20 Minutes	Active Day of Rest	Serious Strength Lower Body 2 20 Minutes	Active Day of Rest	Pyramid Power Premium 1 20 Minutes	Active Day of Rest	Slow Burn Workout 20 Minutes