

METABOLIC REBOOT – NO REPEATER

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Dumbbell HIIT 30 Minutes	Kick Butt Kickboxing 40 Minutes	Active Day of Rest	Barre Burn 30 Minutes	Walk, Sweat, Sculpt – Lower Body 30 Minutes	Yoga Sculpt 1 45 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Bodyweight Cross Training – Total Body Strength and HIIT 40 Minutes	Premium Pilates 1 30 Minutes	Active Day of Rest	Pyramid Power Premium 2 45 Minutes	Walk, Sweat, Sculpt – Upper Body 30 Minutes	Stress Relief Yoga 40 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Bodyweight Cross Training – Cardio Crusher 30 Minutes	Dumbbell HIIT 2 35 Minutes	Active Day of Rest	Circuits in 6 25 Minutes	HIIT Core Burner 30 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Mega Muscle HIIT Workout 30 Minutes	5,000 Step Workout 45 Minutes	Active Day of Rest	Straight Up Strength 40 Minutes	Mindful Yoga 30 Minutes	Active Day of Rest	Cardio Sculpt 35 Minutes