

3-2-8 WORKOUT PLAN

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Straight Up Strength 40 Minutes +8k Steps or Walking Workout	Premium Pilates 1 35 Minutes +8k Steps or Walking Workout	GOLD Pure Strength 2 50 Minutes +8k Steps or Walking Workout	GOLD Power Barre 4 50 Minutes +8k Steps or Walking Workout	Serious Strength Lower Body 2 25 Minutes +8k Steps or Walking Workout	Day Off +8k Steps or Walking Workout	Day Off +8k Steps or Walking Workout
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
Low Impact Dumbbell Strength 50 Minutes +8k Steps or Walking Workout	Barre Bootcamp 1 50 Minutes +8k Steps or Walking Workout	GOLD Body Zone Breakdown 4 45 Minutes +8k Steps or Walking Workout	GOLD Barre Fusion 2 50 Minutes +8k Steps or Walking Workout	Serious Strength Upper Body 2 25 Minutes +8k Steps or Walking Workout	Day Off +8k Steps or Walking Workout	Day Off +8k Steps or Walking Workout
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
Straight Up Strength 2 40 Minutes +8k Steps or Walking Workout	Premium Pilates 2 35 Minutes +8k Steps or Walking Workout	GOLD Superset Circuits Upper Body 1 35 Minutes +8k Steps or Walking Workout	GOLD Power Barre 3 50 Minutes +8k Steps or Walking Workout	GOLD Superset Circuits Lower Body 1 35 Minutes +8k Steps or Walking Workout	Day Off +8k Steps or Walking Workout	Day Off +8k Steps or Walking Workout
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD Bootcamp Burn 6 45 Minutes +8k Steps or Walking Workout	GOLD Athletic Barre 5 50 Minutes +8k Steps or Walking Workout	Pyramid Power Premium 2 45 Minutes +8k Steps or Walking Workout	GOLD Mini Band Barre 4 35 Minutes +8k Steps or Walking Workout	GOLD Unilateral Strength 2 50 Minutes +8k Steps or Walking Workout	Day Off +8k Steps or Walking Workout	Day Off +8k Steps or Walking Workout

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