LOW IMPACT MAX (GOLD)

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Mini Band Low Impact HIIT 1 30 Minutes	GOLD Athletic Barre 5 45 Minutes	GOLD Low Impact Resistance Band Strength 1 30 Minutes	Active Day of Rest	GOLD Walk & Sculpt 5 45 Minutes	GOLD Pure Strength 2 45 Minutes	Active Day of Rest
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD No Jumping Tabata HIIT 1 30 Minutes	GOLD Beginner Power Walking 3 30 Minutes	Active Day of Rest	GOLD No Jumping Cardio HIIT 1 30 Minutes	GOLD Yoga for Strength 1 30 Minutes	Active Day of Rest	GOLD No Repeater Low Impact Strength 2 30 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD Mini Band Blast 45 Minutes	GOLD No Repeater Low Impact Strength 1 30 Minutes	GOLD Low Impact Dance It Off 1 30 Minutes	Active Day of Rest	GOLD Hard Core Pilates 2 30 Minutes	Active Day of Rest	GOLD No Jumping Cardio HIIT 2 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD Beginner Power Walking 2 45 Minutes	GOLD 500 Rep Core 2 30 Minutes	GOLD No Jumping Tabata HIIT 2 30 Minutes	Active Day of Rest	GOLD Power Flow Yoga 2 45 Minutes	Active Day of Rest	GOLD Stability Ball Strength 2 45 Minutes