

WALK STRONGER (GOLD)

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
2,000-Step Walking Workout 30 Minutes	Walk, Sweat, Sculpt - Upper Body 30 Minutes	Active Day of Rest	GOLD Power Walking 4 30 Minutes	Walk, Sweat, Sculpt - Lower Body 30 Minutes	Active Day of Rest	Core Strength + Stretch 45 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD Walk & Sculpt 5 45 Minutes	3,000-Step Walking Workout 30 Minutes	Active Day of Rest	GOLD Beginner Power Walking 1 30 Minutes	GOLD Superset Circuits Lower Body 2 30 Minutes	Premium Pilates-Yoga Fusion 2 30 Minutes	Active Day of Rest
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD Beginner Power Walking 2 45 Minutes	GOLD Walking Shape Up with the Resistance Band 2 30 Minutes	Active Day of Rest	4,000 Step Walking Workout 30 Minutes	GOLD Superset Circuits Upper Body 2 30 Minutes	Active Day of Rest	GOLD Chill Yoga 1 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD Biceps, Core + Cardio 1 30 Minutes	Active Day of Rest	GOLD Beginner Power Walking 3 30 Minutes	GOLD Low Impact Fusion 5 30 Minutes	Active Day of Rest	Walk Sweat Sculpt Total Body 45 Minutes	5,000-Step Walking Workout 45 Minutes