4-2-1 WORKOUT PLAN – PREMIUM

WORKOUT CALENDAR



GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PREMIUM UNILATERAL STRENGTH 1 30 Minutes	KICKBUTT KICKBOXING 2 30 Minutes	STANDING LOWER BODY 20 Minutes	BOOSTED FITNESS WALK 35 Minutes	STANDING UPPER BODY 20 Minutes	CARDIO + CORE BURNER 35 Minutes	MOVE BETTER MOBILITY 1 25 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
STANDING CORE BODY 20 Minutes	2,000 STEP WALKING WORKOUT 20 Minutes	PUSH, PULL, TWIST: STRENGTH + STRETCH 45 Minutes	BOOSTED FITNESS WALK 2 45 Minutes	LEGS AND BALANCE: STRENGTH + STRETCH 40 Minutes	LOW IMPACT DUMBBELL STRENGTH 2 35 Minutes	STRETCH AND FLEXIBILITY 1 25 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
UNILATERAL UPPER BODY: STRENGTH + STRETCH 40 Minutes	3,000 STEP WALKING WORKOUT 30 Minutes	LOWER BODY HIIT 2 20 Minutes	DANCE FIT 2 35 Minutes	UPPER BODY HIIT 2 25 Minutes	CALORIE SIZZLER 2 35 Minutes	FEEL GOOD YOGA 2 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
3-2-1 #2 35 Minutes	KICKBUTT KICKBOXING 3 45 Minutes	STRAIGHT-UP STRENGTH 2 35 Minutes	4,000 STEP WALKING WORKOUT 30 Minutes	SERIOUS STRENGTH LOWER BODY 2 25 Minutes	SERIOUS STRENGTH UPPER BODY 2 25 Minutes	MORNING YOGA STRETCH 20 Minutes

STRENGTH CARDIO YOGA/MOBILITY