

MUSCLE MAX OUT (GOLD)

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	GOLD TIME DROP STRENGTH 3 30 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	GOLD MUSCLE BURNOUT 1 50 Minutes	FEEL GOOD YOGA 2 30 Minutes	BODYWEIGHT SWEAT SESSION 1 35 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD PRESSURE 4 45 Minutes	PUSH, PULL, TWIST: STRENGTH + STRETCH 45 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	STANDING LOWER BODY 20 Minutes	HIP SHOULDER SPINE MOBILITY WORKOUT 20 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	BODYWEIGHT SWEAT SESSION 2 35 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD 1000 LEGS 2 50 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	NO LUNGE LEG DAY 1 35 Minutes	GOLD MUSCLE BURNOUT 2 50 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	GOLD STRICTLY STRENGTH 3 45 Minutes	GOLD PILATES YOGA FUSION 4 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
ACTIVE DAY OF REST +8k Steps or Walking Workout	GOLD SUPERSET CIRCUITS UPPER BODY 3 35 Minutes	GOLD VINYASA FLOW YOGA 6 35 Minutes	GOLD SUPERSET CIRCUITS LOWER BODY 3 30 Minutes	ACTIVE DAY OF REST +8k Steps or Walking Workout	GOLD ABS & BOOTY 3 40 Minutes	GOLD STEP STRENGTH 6 45 Minutes

PREMIUM WALKING WORKOUTS

GOLD WALKING WORKOUTS