

BEGINNER PROGRAM 2.0

WORKOUT CALENDAR

GET HEALTHY  

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
One Mile Power Walk + Strength For Beginners 30 Minutes	Fat Burning Cardio Walk 20 Minutes	Chair Program - Chair Conditioning 25 Minutes	DAY OFF	POWER WALKING: Tone Every Zone 30 Minutes	5,000 Step Workout 45 Minutes	Upperbody For Beginners + Indoor Interval Walking 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BURN AND BUILD: Low Impact Cardio And Core 30 Minutes	DAY OFF	Core Connection 30 Minutes	Chair Program - Chair Strength 30 Minutes	Low Impact Lower Body 20 Minutes	Mindful Yoga 30 Minutes	Chair Program - Chair Circuits 40 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY OFF	Premium Pilates 1 30 Minutes	Chair Program: Chair Mobility and Stretch 20 Minutes	Fat Burning Cardio Walking 20 Minutes	Chair Program - Chair Conditioning 25 Minutes	Low Impact Lower Body 20 Minutes	DAY OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
POWER WALKING: Tone Every Zone 30 Minutes	5,000 Step Workout 45 Minutes	Mindful Yoga 30 Minutes	BURN AND BUILD: Low Impact Cardio And Core 30 Minutes	DAY OFF	Core Connection 30 Minutes	Chair Program - Chair Strength 30 Minutes