

# 28-DAY SHRED

## WORKOUT CALENDAR

GET HEALTHY 

| DAY 1                                  | DAY 2                              | DAY 3                                             | DAY 4                                   | DAY 5                                                       | DAY 6                                  | DAY 7                                     |
|----------------------------------------|------------------------------------|---------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|----------------------------------------|-------------------------------------------|
| GOLD KICKBOXING HIIT 3<br>40 Minutes   | GOLD BARRE SCULPT #1<br>35 Minutes | ADOR                                              | GOLD TIME DROP STRENGTH 1<br>30 Minutes | GOLD MAT PILATES 5<br>(WRIST & KNEE FRIENDLY)<br>35 Minutes | GOLD STRICTLY STRENGTH 3<br>45 Minutes | ADOR                                      |
| DAY 8                                  | DAY 9                              | DAY 10                                            | DAY 11                                  | DAY 12                                                      | DAY 13                                 | DAY 14                                    |
| GOLD CARDIO KICKBOXING 6<br>50 Minutes | GOLD HIIT AND FLOW 2<br>45 Minutes | GOLD UNILATERAL STRENGTH 4<br>45 Minutes          | ADOR                                    | GOLD SUPERSET CIRCUITS LOWER BODY 3<br>30 Minutes           | GOLD CHILL YOGA 1<br>30 Minutes        | ADOR                                      |
| DAY 15                                 | DAY 16                             | DAY 17                                            | DAY 18                                  | DAY 19                                                      | DAY 20                                 | DAY 21                                    |
| GOLD THE MIX 1<br>35 Minutes           | GOLD TRIPLE THREAT 5<br>50 Minutes | GOLD SUPERSET CIRCUITS UPPER BODY 3<br>30 Minutes | ADOR                                    | GOLD BODY ZONE BREAKDOWN 8<br>45 Minutes                    | GOLD 500 REP CORE 1<br>35 Minutes      | GOLD CARDIO + CORE BURNER 6<br>35 Minutes |
| DAY 22                                 | DAY 23                             | DAY 24                                            | DAY 25                                  | DAY 26                                                      | DAY 27                                 | DAY 28                                    |
| GOLD CARDIO STEP 5<br>50 Minutes       | ADOR                               | GOLD STRENGTH & CONDITIONING HIIT 1<br>60 Minutes | GOLD KICKBOXING HIIT 3<br>40 Minutes    | GOLD FLOW & YIN YOGA 4<br>35 Minutes                        | GOLD STRICTLY STRENGTH 1<br>40 Minutes | GOLD PYRAMID POWER 11<br>45 Minutes       |