

30 FOR 30
WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
AMRAPS 1 30 Minutes	BARRE STRENGTH 1 30 Minutes	BOOSTED FITNESS WALK 35 Minutes	LOW IMPACT DUMBBELL STRENGTH 2 35 Minutes	ADOR	PREMIUM UNILATERAL STRENGTH 1 30 Minutes	STRETCH AND FLEXIBILITY 1 25 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
DUMBBELL HIIT 3 30 Minutes	4,000 STEP WALKING WORKOUT 30 Minutes	RAISE THE BARRE 1 35 Minutes	ADOR	YOGA SCULPT PREMIUM 3 30 Minutes	LOW IMPACT BURN 1 30 Minutes	MOVE BETTER MOBILITY 1 25 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
DUMBBELL HIIT 2 35 Minutes	ADOR	PREMIUM PILATES 2 35 Minutes	KICK BUTT KICKBOXING 2 30 Minutes	POWER FLOW YOGA 2 – VINYASA STYLE 30 Minutes	CIRCUITS IN 6 #2 30 Minutes	BARRE BURN 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
ADOR	YOGA SCULPT PREMIUM 2 30 Minutes	3,000-STEP WALKING WORKOUT 30 Minutes	PREMIUM PILATES-YOGA FUSION 2 35 Minutes	LOW IMPACT BURN 2 30 Minutes	ADOR	PREMIUM FIT 1 (FUNCTIONAL INTEGRATED TRAINING) 35 Minutes
DAY 29	**DAY 30**					
FUNCTIONAL ABS 30 Minutes	LOW IMPACT BURN 3 30 Minutes					