

LOW IMPACT MAX (PREMIUM)

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Serious Strength Program – Upper Body 30 Minutes	Serious Strength Program – Lower Body 30 Minutes	Low Impact Burn 1 30 Minutes	Active Day of Rest	2,000-Step Walking Workout 30 Minutes	Premium Pilates 1 30 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Kickboxing + Core 1 45 Minutes	Barre Bootcamp 1 45 Minutes	Active Day of Rest	3,000-Step Walking Workout 30 Minutes	Mindful Yoga 2 30 Minutes	Active Day of Rest	Low Impact Lower Body 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Straight Up Strength 45 Minutes	Serious Strength Upper Body 2 30 Minutes	Serious Strength Lower Body 2 30 Minutes	Active Day of Rest	Yoga Sculpt Premium 2 30 Minutes	Active Day of Rest	5,000-Step Walking Workout 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Premium Pilates 2 30 Minutes	Low Impact Dumbbell Strength 45 Minutes	Barre Burn 2 30 Minutes	Active Day of Rest	Low Impact Burn 2 30 Minutes	Active Day of Rest	Straight Up Strength 2 30 Minutes