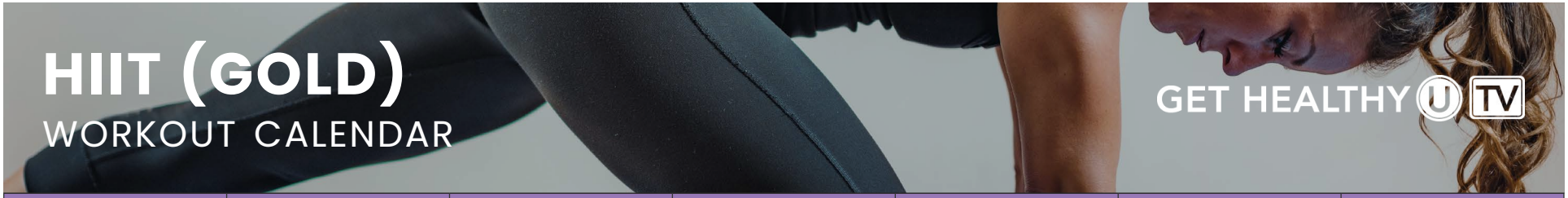

HIIT (GOLD)
WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD HIIT EXPRESS 2 25 Minutes	GOLD HIIT LOWER BODY 3 40 Minutes	ADOR	GOLD HIIT ARMS AND ABS 2 35 Minutes	NO JUMPING CARDIO HIIT 3 30 Minutes	GOLD HIIT AND FLOW 4 45 Minutes	ADOR
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD PYRAMID POWER 12 50 Minutes	ONE DUMBBELL HIIT 4 35 Minutes	GOLD DAILY MOBILITY ROUTINE 20 Minutes	ADOR	GOLD FULL BODY CIRCUIT (FBC) 10 45 Minutes	GOLD KICKBOXING HIIT 3 40 Minutes	GOLD TREMENDOUS TEN 3 30 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
ADOR	GOLD STRENGTH AND CONDITIONING HIIT 3 50 Minutes	GOLD BARRE BOXING 4 45 Minutes	GOLD CHILL YOGA 3 30 Minutes	GOLD CARDIO + CORE BURNER 4 35 Minutes	ADOR	GOLD BARRE HIIT CARDIO 2 45 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD GAME OF 21 VERSION 5 50 Minutes	GOLD KICKBOXING + CORE 4 45 Minutes	ADOR	GOLD NO JUMPING TABATA HIIT 6 35 Minutes	GOLD YOGA SCULPT 11 45 Minutes	GOLD CARDIO STRENGTH MASHUP 1 45 Minutes	GOLD STRENGTH AND CONDITIONING HIIT 4 55 Minutes