

START STRONG
WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Fat Burning Beginner Workouts: Upper Body 30 Minutes	Fat Burning Beginner Workouts: Lower Body 30 Minutes	Active Day of Rest	Fat Burning Beginner Workouts: Cardio 30 Minutes	Fat Burning Beginner Workouts: Standing Core 30 Minutes	Active Day of Rest	Fat Burning Beginner Workouts: Beginner Easy Yoga Flow 30 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
Fat Burning Beginner Workouts: Barre 30 Minutes	2,000-Step Walking Workout 30 Minutes	Active Day of Rest	Premium Pilates-Yoga Fusion 2 30 Minutes	Walk Sweat Sculpt Total Body 45 Minutes	Yoga Sculpt Premium 2 30 Minutes	Active Day of Rest
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
Fat Burning Beginner Workouts: Cardio 30 Minutes	Fat Burning Beginner Workouts: Standing Core 30 Minutes	Active Day of Rest	Feel Good Yoga Flow 1 30 Minutes	Fat Burning Beginner Workouts: Upper Body 30 Minutes	Active Day of Rest	Fat Burning Beginner Workouts: Beginner Easy Yoga Flow 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
4,000-Step Walking Workout 30 Minutes	Active Day of Rest	Fat Burning Beginner Workouts: Barre 30 Minutes	Fat Burning Beginner Workouts: Lower Body 30 Minutes	Active Day of Rest	Balance Training Strength + Stretch 45 Minutes	Walk Sweat Sculpt Total Body 45 Minutes