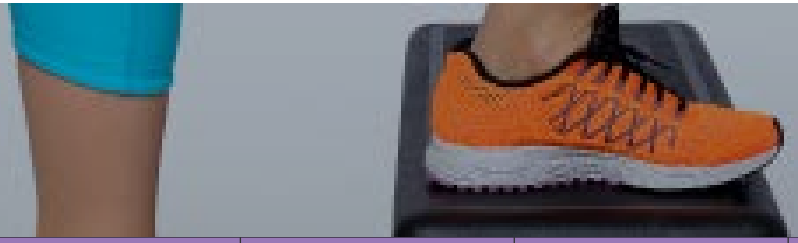
STEP STRONG
WORKOUT CALENDAR



GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Cardio Step 5 45 Minutes	GOLD Step HIIT 1 45 Minutes	Active Day of Rest OR GOLD Hatha Yoga 3 30 Minutes	GOLD Step Strength 45 Minutes	GOLD Full Body Circuit (FBC) 1 45 Minutes	GOLD Triple Threat 45 Minutes	Active Day of Rest
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD Cardio Step 2 30 Minutes	GOLD * BOSU Circuits 1 45 Minutes	Active Day of Rest OR GOLD Power Flow Yoga 2 45 Minutes	GOLD Step Strength 2 45 Minutes	GOLD Full Body Circuit (FBC) 2 45 Minutes	GOLD Triple Threat 2 45 Minutes	Active Day of Rest
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD Cardio Step 3 30 Minutes	GOLD Step HIIT 2 45 Minutes	Active Day of Rest OR GOLD Yoga Tune Up Back + Hamstrings 1	GOLD Step Strength 3 45 Minutes	GOLD Full Body Circuit (FBC) 3 45 Minutes	GOLD Triple Threat 3 45 Minutes	Active Day of Rest
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD Cardio Step 4 45 Minutes	GOLD * BOSU Circuits 2 45 Minutes	GOLD Butt Burning Cardio 45 Minutes	Active Day of Rest OR GOLD Yoga Tune up Hip Openers 1	GOLD Full Body Circuit (FBC) 4 45 Minutes	GOLD Triple Threat 4 45 Minutes	GOLD CRT (Cardio Resistance Training) 3 45 Minutes

* A step can be used instead of a BOSU Ball if you do not have a BOSU Ball!