LIFT AND PUNCH (GOLD)

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
STRENGTH & CONDITIONING HIIT 1 60 Minutes	LIFT 1 35 Minutes	HIIT EXPRESS 1 25 Minutes	ACTIVE DAY OF REST	YOGA SCULPT 10 35 Minutes	CARDIO KICKBOXING 7 50 Minutes	ACTIVE DAY OF REST
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
MUSCLE BURNOUT 1 50 Minutes	BOXING + BAR 6 50 Minutes	MAT PILATES 6 35 Minutes	ACTIVE DAY OF REST	WALK + CORE 1 35 Minutes	KICKBOXING + CORE 4 45 Minutes	STRENGTH & CONDITIONING HIIT 2 60 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
ACTIVE DAY OF REST	KICKBOXING HIIT 3 40 Minutes	TIME DROP STRENGTH 2 30 Minutes	BARRE SCULPT 3 35 Minutes	PYRAMID POWER KICKBOXING 3 45 Minutes	ACTIVE DAY OF REST	BODYWEIGHT SWEAT SESSION 1 35 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
KICKBOXING STRENGTH 5 50 Minutes	ONE DUMBBELL HIIT 4 30 Minutes	YOGA TUNE UP – CHEST + SHOULDERS OPENER 1 35 Minutes	WALK + CORE 2 50 Minutes	ACTIVE DAY OF REST	BARRE BOXING 4 50 Minutes	STRENGTH & CONDITIONING HIIT 3 50 Minutes