

LIFT 30 *

WORKOUT CALENDAR *INCLUDES GOLD WORKOUTS

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD LOW IMPACT LOWER BODY CIRCUITS 3 35 Minutes	GOLD BICEP TRICEP AND BUTT (BTB) 4 30 Minutes	ADOR	PREMIUM LIFT 1 1 35 Minutes	POWER FLOW YOGA 2 – VINYASA STYLE 35 Minutes	ADOR	GOLD ABS & BOOTY 4 35 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD STANDING STRENGTH 3 35 Minutes	ADOR	GOLD WALK + CORE 3 30 Minutes	PREMIUM FIT 1 35 Minutes	GOLD MAT PILATES 6 35 Minutes	DUMBBELL HIIT 4 30 Minutes	ADOR
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD STRICTLY STRENGTH 4 35 Minutes	BOOSTED FITNESS WALK 35 Minutes	STRETCH AND FLEXIBILITY 1 25 Minutes	ADOR	GOLD LOWER BODY ON THE FLOOR 1 25 Minutes	GOLD TIME DROP STRENGTH 4 30 Minutes	ADOR
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD CARDIO STEP EXPRESS 4 35 Minutes	LOW IMPACT BURN 3 30 Minutes	ADOR	KICK BUTT KICKBOXING 2 30 Minutes	FUNCTIONAL ABS 1 30 Minutes	ADOR	GOLD PYRAMID POWER 13 30 Minutes