

LIFT AND PUNCH

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
KICK BUTT KICKBOXING 45 Minutes	BARRE STRENGTH 1 30 Minutes	ACTIVE DAY OF REST	AMRAPs 1 30 Minutes	JAB PUNCH CRUNCH BURNER WORKOUT 20 Minutes	FEEL GOOD YOGA 2 30 Minutes	ACTIVE DAY OF REST
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
JAB PUNCH CRUNCH CORE WORKOUT 20 Minutes	STANDING LOWER BODY 20 Minutes	STANDING UPPER BODY 20 Minutes	ACTIVE DAY OF REST	STANDING CORE BODY 20 Minutes	KICK BUTT KICKBOXING 2 30 Minutes	ACTIVE DAY OF REST
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
ACTIVE DAY OF REST	JAB PUNCH CRUNCH HIIT WORKOUT 35 Minutes	PUSH, PULL, TWIST: STRENGTH + STRETCH 45 Minutes	HIP SHOULDER SPINE MOBILITY WORKOUT 20 Minutes	KICKBOXING + CORE 1 45 Minutes	ACTIVE DAY OF REST	LEGS AND BALANCE: STRENGTH + STRETCH 40 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
UNILATERAL UPPER BODY: STRENGTH + STRETCH 40 Minutes	KICK BUTT KICKBOXING 3 45 Minutes	MOVE BETTER MOBILITY 1 25 Minutes	BOOSTED FITNESS WALK 2 45 Minutes	ACTIVE DAY OF REST	LOW IMPACT DUMBBELL STRENGTH 2 35 Minutes	BURN & BUILD - CARDIO BOXING STRENGTH 40 Minutes