

GET HEALTHY **TRAINER WEEK**

35-Day Fitness Challenge



DAY
**GOLD
UNILATERAL
STRENGTH 4**

45 Minutes

WATCH

DAY
**GOLD
DIRTY 30 –
VERSION 5**

35 Minutes

WATCH

**GOLD
INTERVAL
WALKING
WORKOUT**

40 Minutes

WATCH

DAY
**GOLD MAT
PILATES 5**

35 Minutes

WATCH

DAY
5

ADOR

DAY
**GOLD
KICKBOXING
STRENGTH 5**

50 Minutes

WATCH

DAY
**GOLD
STRICTLY
STRENGTH 1**

40 Minutes

WATCH



**GOLD
SUPERSET
CIRCUITS
UPPER BODY 3**

35 Minutes

WATCH

**GOLD FULL
BODY
MOBILITY
WORKOUT 1**

35 Minutes

WATCH

DAY
10

ADOR

DAY
**GOLD STEP
STRENGTH 6**

45 Minutes

WATCH

DAY
**GOLD ABS &
BOOTY 1**

50 Minutes

WATCH

DAY
**GOLD POWER
WALKING 6**

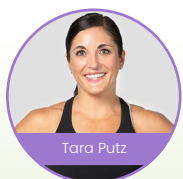
30 Minutes

WATCH

DAY
**GOLD BOXING
+ BAR 6**

50 Minutes

WATCH



DAY
15

ADOR

**GOLD
SUPERSET
CIRCUITS
LOWER BODY 3**

30 Minutes

WATCH

**GOLD LOW
IMPACT
ENDURANCE
CARDIO 1**

30 Minutes

WATCH

**GOLD NO
JUMPING
TABATA HIIT 5**

35 Minutes

WATCH

**GOLD
BODY ZONE
BREAKDOWN 6**

45 Minutes

WATCH

DAY
20

ADOR

**GOLD
PUSH PULL
STRENGTH
DAY 1**

35 Minutes

WATCH



DAY
**GOLD YOGA
SCULPT 9**

35 Minutes

WATCH

DAY
**GOLD STEP
EXPRESS 2**

35 Minutes

WATCH

**GOLD
LOW IMPACT
RESISTANCE
BAND
STRENGTH 2**

35 Minutes

WATCH

DAY
25

ADOR

DAY
**GOLD PILATES
YOGA FUSION 3**

35 Minutes

WATCH

DAY
**GOLD HIIT
AND FLOW 3**

45 Minutes

WATCH

**GOLD
BOOTCAMP
BURN 8**

50 Minutes

WATCH



**GOLD NO
LUNGE LEG
DAY 1**

35 Minutes

WATCH

DAY
30

ADOR

DAY
**GOLD ABS &
BOOTY 2**

35 Minutes

WATCH

DAY
**GOLD
TRIFECTA 4**

35 Minutes

WATCH

DAY
**GOLD
LADDER 6**

40 Minutes

WATCH

**GOLD BICEP
TRICEP AND
BUTT (BTB) 1**

35 Minutes

WATCH

**GOLD
GRATEFUL
EIGHTS 3**

45 Minutes

WATCH