

SWEAT IN 30 (PREMIUM)

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Burn & Build Cardio Drills – Strength 30 Minutes	HIIT Core Burner 30 Minutes	LIFT – Low Impact Upper Body Workout 30 Minutes	Walk, Sweat, Sculpt – Lower Body 30 Minutes	DAY OFF	Core Connection 30 Minutes	Serious Strength Program – Lower Body 30 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
Power Walking Workout: Tone Every Zone 30 Minutes	LIFT – Pilates Yoga Fusion 30 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes	DAY OFF	LIFT – Low Impact Lower Body Workout 30 Minutes	Serious Strength Program – Core & Balance 30 Minutes	Core HIIT 30 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
LIFT – Low Impact Cardio and Core Workout 30 Minutes	DAY OFF	Power Ball 30 Minutes	Serious Strength Program – Upper Body 30 Minutes	Total Body HIIT 30 Minutes	Mega Muscle HIIT Workout 30 Minutes	Upper Body Resculpt 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
DAY OFF	Serious Strength Program – Total Body 30 Minutes	Coming Down The Ladder Workout 30 Minutes	Core Blast Pilates 30 Minutes	Total Body Firm Up 30 Minutes	Ultimate Intervals 30 Minutes	Bodyweight Cross Training – Cardio Crusher 30 Minutes