

REAL RESULTS

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Kettlebell/Cardio Jodi & Lindsey	Bodyweight Circuit Breaker Leah & Chris	Buff Body Yoga 2 Lindsey & Kate	DAY OFF	Solid Strength Jodi & Leah	Total Body Stability Ball Kate & Chris	Lengthen and Strengthen Lindsey & Leah
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY OFF	Low Impact AMRAPs Chris & Leah	Arms & Abs Lindsey & Leah	Vinyasa Yoya Flow 2 Jodi & Kate	DAY OFF	Walk & Sculpt 2 Lindsey & Jodi	Carido Kickboxing 2 Chris & Lindsey
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Kettlebell/Cardio Jodi & Lindsey	DAY OFF	Bodyweight Circuit Breaker Leah & Chris	Buff Body Yoga 2 Lindsey & Kate	Solid Strength Jodi & Leah	DAY OFF	Total Body Stability Ball Kate & Chris
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Lengthen and Strengthen Lindsey & Leah	Low Impact AMRAPs Chris & Leah	DAY OFF	Arms & Abs Lindsey & Leah	Vinyasa Yoya Flow 2 Jodi & Kate	Walk & Sculpt 2 Lindsey & Jodi	Carido Kickboxing 2 Chris & Lindsey