

WALK, SWEAT, SCULPT

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WALK & TONE: One Mile Power Walk 20 Minutes	WALK, SWEAT, SCULPT: Upper Body 30 Minutes	DAY OFF	WALK & TONE: Walk & Tone Express 20 Minutes	POWER WALKING: Core Connection 30 Minutes	Stress Relief Yoga 40 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WALK & TONE: 2 Mile Endurance Walk 30 Minutes	WALK & TONE: Walk & Tone to the Max 40 Minutes	POWER WALKING: Fat Burning Cardio Walk 20 Minutes	DAY OFF	WALK, SWEAT, SCULPT: Lower Body 30 Minutes	LIFT: Pilates Yoga Fusion 30 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
POWER WALKING: Tone Every Zone 30 Minutes	POWER 20: Power Flow Yoga 20 Minutes	WALK & TONE: 2 Mile Endurance Walk 30 Minutes	DAY OFF	WALK, SWEAT, SCULPT: Upper Body 30 Minutes	POWER WALKING: Indoor Interval Walking 20 Minutes	POWER WALKING: Core Connection 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
POWER WALKING: Fat Burning Cardio Walk 20 Minutes	DAY OFF	WALK, SWEAT, SCULPT: Lower Body 30 Minutes	WALK & TONE: Walk & Tone to the Max 40 Minutes	DEFINITIONS: Core Blast Pilates 30 Minutes	WALK & TONE: One Mile Power Walk 20 Minutes	BODY WEIGHT FUSION: Calorie Sizzler 30 Minutes