

3-2-8 WORKOUT PLAN

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Straight Up Strength</p> <p>+8k Steps or Walking Workout</p>	<p>Premium Pilates 1</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Pure Strength 2</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Power Barre 4</p> <p>+8k Steps or Walking Workout</p>	<p>Serious Strength Lower Body 2</p> <p>+8k Steps or Walking Workout</p>	<p>Day Off</p> <p>+8k Steps or Walking Workout</p>	<p>Day Off</p> <p>+8k Steps or Walking Workout</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>Low Impact Dumbbell Strength</p> <p>+8k Steps or Walking Workout</p>	<p>Barre Bootcamp 1</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Body Zone Breakdown 4</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Barre Fusion 2</p> <p>+8k Steps or Walking Workout</p>	<p>Serious Strength Upper Body 2</p> <p>+8k Steps or Walking Workout</p>	<p>Day Off</p> <p>+8k Steps or Walking Workout</p>	<p>Day Off</p> <p>+8k Steps or Walking Workout</p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>Straight Up Strength 2</p> <p>+8k Steps or Walking Workout</p>	<p>Premium Pilates 2</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Superset Circuits Upper Body 1</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Power Barre 3</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Superset Circuits Lower Body 1</p> <p>+8k Steps or Walking Workout</p>	<p>Day Off</p> <p>+8k Steps or Walking Workout</p>	<p>Day Off</p> <p>+8k Steps or Walking Workout</p>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<p>GOLD Bootcamp Burn 6</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Athletic Barre 5</p> <p>+8k Steps or Walking Workout</p>	<p>Pyramid Power Premium 2</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Mini Band Barre 4</p> <p>+8k Steps or Walking Workout</p>	<p>GOLD Unilateral Strength 2</p> <p>+8k Steps or Walking Workout</p>	<p>Day Off</p> <p>+8k Steps or Walking Workout</p>	<p>Day Off</p> <p>+8k Steps or Walking Workout</p>

Click on one of these categories to watch walking workouts: [Premium Walking Workouts](#) | [GOLD Walking Workouts](#) | [Treadmill Workouts](#)