

BEGINNER PROGRAM 1.0

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Walk, Sweat, Sculpt – Lower Body 30 Minutes	Chair Program – Chair Conditioning 30 Minutes	Indoor Interval Walking 20 Minutes	Walk, Sweat, Sculpt – Upper Body 30 Minutes	ACTIVE DAY OF REST	Chair Program – Chair Strength 30 Minutes	Tone Every Zone 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Fat Burning Cardio Walking 20 Minutes	Yoga Stretch 1 10 Minutes	ACTIVE DAY OF REST	Chair Program – Chair Cardio 30 Minutes	10 Minute Pilates Abs 10 Minutes	One-Mile Power Walk 15 Minutes	ACTIVE DAY OF REST
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Indoor Walking Workout for Beginners 10 Minutes	Walk, Sweat, Sculpt – Upper Body 30 Minutes	Yoga Stretch 2 10 Minutes	Chair Program – Chair Conditioning 30 Minutes	ACTIVE DAY OF REST	Walk, Sweat, Sculpt – Lower Body 30 Minutes	Fat Burning Cardio Walking 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Chair Program – Chair Strength 30 Minutes	One-Mile Power Walk 15 Minutes	ACTIVE DAY OF REST	Tone Every Zone 30 Minutes	Chair Program – Chair Cardio 30 Minutes	10 Minute Pilates Abs 10 Minutes	Indoor Interval Walking 20 Minutes