

BEGINNER PROGRAM 2.0

WORKOUT CALENDAR

GET HEALTHY 

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------------------------------------------------------------|---------------------------------------|---------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------|-------------------------------------|--------------------------------------------------------------------|
| One Mile Power Walk + Strength For Beginners 30 Minutes | Fat Burning Cardio Walk 20 Minutes | Chair Program - Chair Conditioning 25 Minutes | DAY OFF | POWER WALKING: Tone Every Zone 30 Minutes | 5,000 Step Workout 45 Minutes | Upperbody For Beginners + Indoor Interval Walking 30 Minutes |
| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| BURN AND BUILD: Low Impact Cardio And Core 30 Minutes | DAY OFF | Core Connection 30 Minutes | Chair Program - Chair Strength 30 Minutes | Low Impact Lower Body 20 Minutes | Mindful Yoga 30 Minutes | Chair Program - Chair Circuits 40 Minutes |
| DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| DAY OFF | Premium Pilates 1 30 Minutes | Chair Program: Chair Mobility and Stretch 20 Minutes | Fat Burning Cardio Walking 20 Minutes | Chair Program - Chair Conditioning 25 Minutes | Low Impact Lower Body 20 Minutes | DAY OFF |
| DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| POWER WALKING: Tone Every Zone 30 Minutes | 5,000 Step Workout 45 Minutes | Mindful Yoga 30 Minutes | BURN AND BUILD: Low Impact Cardio And Core 30 Minutes | DAY OFF | Core Connection 30 Minutes | Chair Program - Chair Strength 30 Minutes |