

BEGINNER TO BUFF

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Chair Program – Chair Circuits 45 Minutes	Chair Program – Conditioning 30 Minutes	Active Day of Rest	GOLD: Beginner Total Body Conditioning 2 30 Minutes	Chair Mobility and Stretch 30 Minutes	Chair Program – Chair Strength 30 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Chair Program – Chair Cardio 30 Minutes	GOLD: Power Pilates 2 30 Minutes	Active Day of Rest	GOLD: Beginner Upper Body Tone Up 3 30 Minutes	GOLD: Beginner Lower Body Tone UP 2 30 Minutes	GOLD: Power Walking 1 30 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD: Power Walking 2 45 Minutes	GOLD: Pelvic Floor Workout 2 30 Minutes	Walk, Sweat, Sculpt – Upper Body 30 Minutes	Active Day of Rest	GOLD: Yoga Tune Up – Back + Hamstrings 1 30 Minutes	Walk, Sweat, Sculpt – Lower Body 30 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD: Beginner Core Off The Floor 2 30 Minutes	Low Impact Lower Body 30 Minutes	Active Day of Rest	GOLD: Walk & Sculpt 4 30 Minutes	GOLD: Beginner Total Body Conditioning 3 30 Minutes	Active Day of Rest	GOLD: Beginner Interval Walking Workout 2 30 Minutes