

# BODYWEIGHT BURN

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Low Impact Burn 1 30 Minutes	3000 Step Walking 30 Minutes	Active Day of Rest	Kickboxing + Core 1 45 Minutes	Stress Relief Yoga 45 Minutes	Ultimate Intervals 30 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
5000 Step Walking 45 Minutes	Kick Butt Kickboxing 45 Minutes	Active Day of Rest	Coming Down The Ladder 30 Minutes	Bodyweight Cross Training - Total Body Strength and HIIT 45 Minutes	Ultimate Intervals 2 45 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Low Impact Burn 2 30 Minutes	Jab Punch Crunch Core 30 Minutes	Mindful Yoga 30 Minutes	Active Day of Rest	Calorie Sizzler 30 Minutes	Jab Punch Crunch Burner 30 Minutes	Bodyweight Cross Training - Cardio Crusher 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Active Day of Rest	Bodyweight Cross Training - Power Yoga and Barre Burner 30 Minutes	Low Impact Burn 1 30 Minutes	Power Flow Yoga AND / OR 2000-Step Walking	Active Day of Rest	HIIT Core Burner 30 Minutes	Jab Punch Crunch HIIT 30 Minutes