

BODYWEIGHT FUSION

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Coming Down the Ladder 30 Minutes	Jab Punch Crunch Burner Workout 20 Minutes	Bodyweight Cross Training – Total Body Strength and HIIT 30 Minutes	DAY OFF	GOLD Cardio HIIT 30 Minutes	Power Flow Yoga 20 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD Bodyweight Circuit Breaker 2 30 Minutes	Ultimate Intervals 45 Minutes	Bodyweight Cross Training – Cardio Crusher 30 Minutes	DAY OFF	Core Conditioning 45 Minutes	GOLD Cardio Kickboxing 3 30 Minutes	Super 8 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD Coming Down the Ladder 2 40 Minutes	Cardio Kickbox 30 Minutes Power Flow Yoga 20 Minutes	DAY OFF	Jab Punch Crunch Core 20 Minutes	Calorie Sizzler 30 Minutes	GOLD Hatha Yoga 1 45 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
HIIT Core Burner 30 Minutes	GOLD Flow & Yin Yoga 2 45 Minutes	DAY OFF	Bodyweight Cross Training – Total Body Strength and HIIT 40 Minutes	GOLD AMRAPs 3 Bodyweight Workout 30 Minutes	GOLD Bodyweight Circuit Breaker 50 Minutes	Jab Punch Crunch HIIT 30 Minutes