

# BODYWEIGHT FUSION

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LOW IMPACT BURN 1 30 Minutes	GOLD: BODYWEIGHT HIIT 6 32 Minutes	CALORIE SIZZLER 2 35 Minutes	ACTIVE DAY OF REST	GOLD: NO JUMPING CARDIO HIIT 1 30 Minutes	MOVE BETTER MOBILITY 1 25 Minutes	ACTIVE DAY OF REST
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD: BODYWEIGHT HIIT 5 35 Minutes	FEEL GOOD YOGA FLOW 1 30 Minutes	GOLD: ATHLETIC CARDIO 5 45 Minutes	ACTIVE DAY OF REST	GOLD: THE MIX 4 30 Minutes	GOLD: CARDIO KICKBOXING 6 50 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	GOLD: CARDIO BLAST 1 30 Minutes	ACTIVE DAY OF REST	GOLD: POWER WALKING 4 35 Minutes	ULTIMATE INTERVALS 2 45 Minutes	GOLD: VINYASA YOGA FLOW 5 30 Minutes	GOLD: CARDIO KICKBOXING 4 35 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DANCE FIT 2 35 Minutes	KICKBOXING + CORE 1 45 Minutes	ACTIVE DAY OF REST	GOLD: HIIT & FLOW 3 45 Minutes	GOLD: NO JUMPING CARDIO HIIT 2 30 Minutes	YOGA SCULPT PREMIUM 1 45 Minutes	KICK BUTT KICKBOXING 45 Minutes