

CIRCUITS & INTERVALS 2

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD 40-30-20 HIIT 4 45 Minutes	GOLD Full Body Circuit (FBC) 1 45 Minutes	Mindful Yoga 30 Minutes	Active Day of Rest	GOLD Upper Body Max Out 2 45 Minutes	GOLD Kickboxing Strength 2 50 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD No Repeater Low Impact Strength 1 35 Minutes	GOLD Game of 21 Version 3 45 Minutes	Active Day of Rest	GOLD Trifecta 1 45 Minutes	GOLD Athletic Cardio 2 45 Minutes	GOLD Full Body Circuit (FBC) 2 45 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Cardio Sculpt 35 Minutes	Dumbbell HIIT 30 Minutes	GOLD Low Impact Dance It Off 30 Minutes	Active Day of Rest	Yoga Sculpt 1 45 Minutes	Pyramid Power Premium 2 45 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD HIIT Mixer 4 45 Minutes	GOLD Butt + Legs + Thighs 2 45 Minutes	Kick Butt Kickboxing 45 Minutes	Active Day of Rest	GOLD Power Walking 1 30 Minutes	Dumbbell HIIT 2 30 Minutes	GOLD Athletic Cardio 3 45 Minutes