

# DEFINITIONS

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Low Impact Burn 1 30 Minutes	Barre Burn 30 Minutes	Active Day of Rest	Ultimate Intervals 2 45 Minutes	Kickboxing + Core 1 45 Minutes	Pyramid Power Premium 2 45 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Circuits in 6 – #2 30 Minutes	Serious Strength Lower Body 2 30 Minutes	Active Day of Rest	Kick Butt Kickboxing 45 Minutes	Dumbbell HIIT 30 Minutes	Straight Up Strength 45 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Premium Pilates 1 30 Minutes	Bodyweight Cross Training – Cardio Crusher 30 Minutes	Barre Burn 2 30 Minutes	Active Day of Rest	Cardio Kickbox 20 Minutes and Buns and Legs 10 Minutes	Low Impact Burn 2 30 Minutes	Straight Up Strength 2 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Active Day of Rest	Serious Strength Upper Body 2 30 Minutes	Quickie Cardio 10 Minutes and Arms and Abs 10 Minutes	Dumbbell HIIT 2 30 Minutes	Active Day of Rest	Low Impact Dumbbell Strength 45 Minutes	Cardio Sculpt 30 Minutes