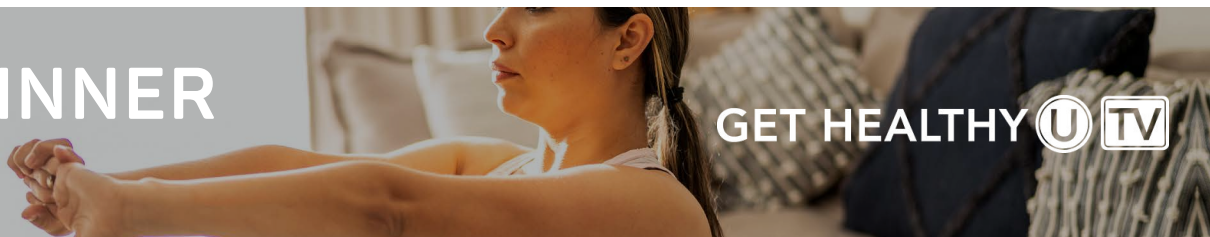


# FAT BURNING BEGINNER

## WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FAT BURNING BEGINNER TOTAL BODY WORKOUT 1 25 Minutes	4,000 STEP WALKING WORKOUT 30 Minutes	Active Day of Rest	FAT BURNING BEGINNER WORKOUTS: UPPER BODY 20 Minutes	FAT BURNING BEGINNER WORKOUTS: BEGINNER EASY YOGA FLOW 20 Minutes	FAT BURNING BEGINNER WORKOUTS: LOWER BODY 20 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
FAT BURNING BEGINNER WORKOUTS: STANDING CORE 20 Minutes	FEEL GOOD YOGA FLOW 1 30 Minutes	Active Day of Rest	FAT BURNING BEGINNER WORKOUTS: BARRE 25 Minutes	WALK & SCULPT TOTAL BODY 45 Minutes	FAT BURNING BEGINNER WORKOUTS: CARDIO 20 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
FAT BURNING BEGINNER WORKOUTS: UPPER BODY 20 Minutes	2,000 STEP WALKING WORKOUT 20 Minutes	Active Day of Rest	FAT BURNING BEGINNER WORKOUTS: BEGINNER EASY YOGA FLOW 20 Minutes	FAT BURNING BEGINNER WORKOUTS: LOWER BODY 20 Minutes	PREMIUM PILATES - YOGA FUSION 2 30 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
FAT BURNING BEGINNER WORKOUTS: STANDING CORE 20 Minutes	WALK & SCULPT TOTAL BODY 45 Minutes	Active Day of Rest	FAT BURNING BEGINNER WORKOUTS: BARRE 25 Minutes	FAT BURNING BEGINNER WORKOUTS: CARDIO 20 Minutes	Active Day of Rest	FAT BURNING BEGINNER TOTAL BODY WORKOUT 1 25 Minutes