

# FIT OVER 60

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Beginner GOLD Body Blast 30 Minutes	Chair Program – Chair Strength 30 Minutes	Fat Burning Cardio Walking 20 Minutes	DAY OFF	Beginner GOLD Upper Body Tone Up 30 Minutes	Beginner GOLD Lower Body Tone UP 30 Minutes	DAY OFF or GOLD Hatha Yoga 1 45 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Beginner GOLD Starting Strength 1 35 Minutes	DAY OFF	GOLD Walk & Sculpt 4 45 Minutes	Beginner GOLD Core Challenge 30 Minutes	Beginner GOLD Fat Burning Circuits 2 30 Minutes	Beginner GOLD Interval Walking 30 Minutes	DAY OFF or GOLD Hatha Yoga 2 45 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Low Impact Lower Body 25 Minutes	Beginner GOLD Cardio + Mobility 30 Minutes	Chair Program – Chair Conditioning 25 Minutes	Beginner GOLD Total Body Conditioning 2 30 Minutes	DAY OFF	Indoor Interval Walking Workout 20 Minutes	DAY OFF or Beginner GOLD Slow Flow Yoga 1 35 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Beginner GOLD Barre 1 35 Minutes	Beginner GOLD Starting Strength 2 30 Minutes	DAY OFF or GOLD Slow Flow Yoga 2 45 Minutes	Beginner GOLD Interval Walking Workout 2 35 Minutes	Beginner GOLD Core Off The Floor 30 Minutes	Chair Program – Chair Circuits 40 Minutes	Beginner GOLD HIIT 1 30 Minutes