

# FITNESS MIXER

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Bodyweight Intervals 30 Minutes	Butts and Guts 30 Minutes	Move Strength and Tone Upper Body 30 Minutes Lower Body 30 Minutes	DAY OFF	Bodyweight Burnout 1 30 Minutes  Yoga Flow 20 Minutes	Bodyweight Burnout 2 30 Minutes  Booty Blast 10 Minutes	Wild Card Workout
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Cardio Groove 30 Minutes  Shadow Dance 30 Minutes	DAY OFF	Slow Burn 30 Minutes	Bodyweight Cross Training – Cardio Crusher 30 Minutes	Super 8 30 Minutes	LIFT – Low Impact Cardio and Core Workout 30 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Fat Burning Cardio Walking 30 Minutes	LIFT – Pilates Yoga Fusion 30 Minutes	Wild Card Workout	Burn & Build – Cardio Boxing-Strength 30 Minutes	DAY OFF	Bodyweight Cross Training – Total Body Strength and HIIT 30 Minutes	Jab Punch Crunch Burner 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Serious Strength Program – Total Body 30 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes	DAY OFF	30 Minute Upper Body HIIT 30 Minutes	30 Minute Lower Body HIIT 30 Minutes	Wild Card Workout	Serious Strength Program – Core & Balance 30 Minutes

\*Wild Card Workout – Pick your favorite GHUTV workout\*