

# LOW IMPACT MAX (GOLD)

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>GOLD</b> Mini Band Low Impact HIIT 1 30 Minutes	<b>GOLD</b> Athletic Barre 5 45 Minutes	<b>GOLD</b> Low Impact Resistance Band Strength 1 30 Minutes	Active Day of Rest	<b>GOLD</b> Walk & Sculpt 5 45 Minutes	<b>GOLD</b> Pure Strength 2 45 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>GOLD</b> No Jumping Tabata HIIT 1 30 Minutes	<b>GOLD</b> Beginner Power Walking 3 30 Minutes	Active Day of Rest	<b>GOLD</b> No Jumping Cardio HIIT 1 30 Minutes	<b>GOLD</b> Yoga for Strength 1 30 Minutes	Active Day of Rest	<b>GOLD</b> No Repeater Low Impact Strength 2 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>GOLD</b> Mini Band Blast 45 Minutes	<b>GOLD</b> No Repeater Low Impact Strength 1 30 Minutes	<b>GOLD</b> Low Impact Dance It Off 1 30 Minutes	Active Day of Rest	<b>GOLD</b> Hard Core Pilates 2 30 Minutes	Active Day of Rest	<b>GOLD</b> No Jumping Cardio HIIT 2 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>GOLD</b> Beginner Power Walking 2 45 Minutes	<b>GOLD</b> 500 Rep Core 2 30 Minutes	<b>GOLD</b> No Jumping Tabata HIIT 2 30 Minutes	Active Day of Rest	<b>GOLD</b> Power Flow Yoga 2 45 Minutes	Active Day of Rest	<b>GOLD</b> Stability Ball Strength 2 45 Minutes