

LOW IMPACT MAX (PREMIUM)

WORKOUT CALENDAR

GET HEALTHY 



| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|--|--|---|---|--|---|
| Serious Strength Program – Upper Body 30 Minutes | Serious Strength Program – Lower Body 30 Minutes | Low Impact Burn 1 30 Minutes | Active Day of Rest | 2,000-Step Walking Workout 30 Minutes | Premium Pilates 1 30 Minutes | Active Day of Rest |
| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| Kickboxing + Core 1 45 Minutes | Barre Bootcamp 1 45 Minutes | Active Day of Rest | 3,000-Step Walking Workout 30 Minutes | Mindful Yoga 2 30 Minutes | Active Day of Rest | Low Impact Lower Body 30 Minutes |
| DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| Straight Up Strength 45 Minutes | Serious Strength Upper Body 2 30 Minutes | Serious Strength Lower Body 2 30 Minutes | Active Day of Rest | Yoga Sculpt Premium 2 30 Minutes | Active Day of Rest | 5,000-Step Walking Workout 45 Minutes |
| DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| Premium Pilates 2 30 Minutes | Low Impact Dumbbell Strength 45 Minutes | Barre Burn 2 30 Minutes | Active Day of Rest | Low Impact Burn 2 30 Minutes | Active Day of Rest | Straight Up Strength 2 30 Minutes |