

MENOPAUSE MUSCLE BUILDER 2.0

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD: Superset Circuits Upper Body 1 30 Minutes	GOLD: Superset Circuits Lower Body 1 30 Minutes	Active Day of Rest	GOLD: HIIT Mixer 6 45 Minutes	GOLD: Body Zone Breakdown 3 45 Minutes	GOLD: Power Walking 3 30 Minutes or Cardio of Your Choice	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD: Full Body Circuit (FBC) 5 45 Minutes	GOLD: Power Barre 4 45 Minutes	Active Day of Rest	GOLD: Vinyasa Yoga Flow 4 30 Minutes	GOLD: 500 Rep Core 2 30 Minutes	GOLD: Cardio Kickboxing 6 45 Minutes or Cardio of Your Choice	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD: Step Strength 5 45 Minutes	GOLD: Ladder 3 30 Minutes	Active Day of Rest	GOLD: Yoga Tune Up – Back + Hamstrings 30 Minutes	GOLD: Dirty 30 – Version 4 45 Minutes	GOLD: Dance Groove 1 30 Minutes or Cardio of Your Choice	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD: Bootcamp Burn 5 45 Minutes	GOLD: Pure Strength 2 45 Minutes	Active Day of Rest	GOLD: Yoga for Strength 1 30 Minutes or Cardio of Your Choice	GOLD: Athletic Barre 4 45 Minutes	Active Day of Rest	GOLD: Boxing + Bar 2 45 Minutes