

MENOPAUSE MUSCLE BUILDER

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Training Split Day - Biceps, Triceps, Shoulders 1 45 Minutes	GOLD Butt + Legs + Thighs 2 45 Minutes	ACTIVE DAY OF REST	GOLD Yoga Tune up - Hip Openers 1 30 Minutes	GOLD No Jumping Strength 4 45 Minutes	GOLD Power Walking 1 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 Lengthen and Strengthen 3 30 Minutes	GOLD Training Split Day - Legs and Buns 2 30 Minutes	ACTIVE DAY OF REST	GOLD Meditative Yoga 2 45 Minutes	Straight Up Strength 40 Minutes	Kick Butt Kickboxing 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 Upper Body Max Out 2 45 Minutes	Low Impact Lower Body 25 Minutes	ACTIVE DAY OF REST	GOLD Flow & Yin Yoga 3 30 Minutes	GOLD Pyramid Power Plus 5 (Single Sided) 45 Minutes	5,000 Step Indoor Walking 45 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 Kickboxing Strength 2 45 Minutes	GOLD Cardio + Core Burner 3 30 Minutes	ACTIVE DAY OF REST	GOLD Beginner Slow Flow Yoga 1 30 Minutes	Calorie Sizzler 30 Minutes or Cardio of Your Choice	ACTIVE DAY OF REST	Dumbbell HIIT 30 Minutes