

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 |