

SERIOUS STRENGTH

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Serious Strength Total Body 30 Minutes	Serious Strength Lower Body 30 Minutes	DAY OFF	Muffin Top Melter 10 Minutes	Serious Strength Upper Body 30 Minutes	DAY OFF	Power Flow Yoga 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Dumbbell HIIT 30 Minutes	DAY OFF	Serious Strength Core and Balance 30 Minutes	Kick Butt Kickboxing 40 Minutes	Lower Body Burn 30 Minutes	Indoor Interval Walking Workout 20 Minutes Muffin Top Melter 10 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Core Blast Pilates 30 Minutes	Upper Body RescuPt 30 Minutes	Serious Strength Total Body 30 Minutes	Bodyweight Cross Training - Total Body Strength and HIIT 40 Minutes	DAY OFF	Total Body Firm Up 30 Minutes	Kick Butt Kickboxing 40 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Serious Strength Lower Body 30 Minutes	Power Flow Yoga 20 Minutes	DAY OFF	Serious Strength Upper Body 30 Minutes	Burn & Build - Cardio Drills - Strength 30 Minutes	Coming Down the Ladder 30 Minutes	Dumbbell HIIT 30 Minutes