

# SPLIT TRAINING STRENGTH

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>GOLD</b> Split Day – Chest, Shoulders, Triceps 1 30 Minutes	<b>GOLD</b> Split Day – Legs and Buns 1 30 Minutes	<b>GOLD</b> Split Day – Back and Biceps 1 30 Minutes	<b>DAY OFF</b> or <b>GOLD</b> Flow & Yin 1 30 Minutes	<b>GOLD</b> Split Day – Core 1 30 Minutes	<b>Kick Butt</b> Kickboxing 40 Minutes	<b>DAY OFF</b> or <b>GOLD</b> Pilates Yoga Fusion 2 40 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>GOLD</b> Split Day – Push- Pull Day Chest and Back 1 30 Minutes	<b>GOLD</b> Split Day – Legs and Buns 2 30 Minutes	<b>GOLD</b> Split Day – Biceps, Triceps, Shoulders 1 30 Minutes	<b>GOLD</b> Split Day – Strength + Mobility 1 30 Minutes	<b>GOLD</b> HIIT Mixer 1 40 Minutes	<b>DAY OFF</b> or <b>GOLD</b> Hatha Yoga 2 40 Minutes	<b>Jab Punch</b> Crunch HIIT 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>GOLD</b> Split Day – Core 2 30 Minutes	<b>GOLD</b> Split Day – Back and Biceps 1 30 Minutes	<b>GOLD</b> Athletic Cardio 1 40 Minutes	<b>GOLD</b> Split Day – Chest, Shoulders, Triceps 1 30 Minutes	<b>DAY OFF</b> or <b>GOLD</b> Meditative Yoga 1 30 Minutes	<b>GOLD</b> Split Day – Legs and Buns 1 30 Minutes	<b>GOLD</b> Split Day – Core 1 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>GOLD</b> Split Day – Push- Pull Day Chest and Back 1 30 Minutes	<b>GOLD</b> Split Day – Legs and Buns 2 30 Minutes	<b>DAY OFF</b> or <b>GOLD</b> Flow & Yin Yoga 3 30 Minutes	<b>GOLD</b> Meditative Yoga 2 40 Minutes	<b>GOLD</b> Split Day – Biceps, Triceps, Shoulders 1 30 Minutes	<b>GOLD</b> Split Day – Core 2 30 Minutes	<b>Straight Up</b> Strength 40 Minutes