

START STRONG

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Fat Burning Beginner Workouts: Upper Body 30 Minutes	Fat Burning Beginner Workouts: Lower Body 30 Minutes	Active Day of Rest	Fat Burning Beginner Workouts: Cardio 30 Minutes	Fat Burning Beginner Workouts: Standing Core 30 Minutes	Active Day of Rest	Fat Burning Beginner Workouts: Beginner Easy Yoga Flow 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Fat Burning Beginner Workouts: Barre 30 Minutes	2,000-Step Walking Workout 30 Minutes	Active Day of Rest	Premium Pilates-Yoga Fusion 2 30 Minutes	Walk Sweat Sculpt Total Body 45 Minutes	Yoga Sculpt Premium 2 30 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Fat Burning Beginner Workouts: Cardio 30 Minutes	Fat Burning Beginner Workouts: Standing Core 30 Minutes	Active Day of Rest	Feel Good Yoga Flow 1 30 Minutes	Fat Burning Beginner Workouts: Upper Body 30 Minutes	Active Day of Rest	Fat Burning Beginner Workouts: Beginner Easy Yoga Flow 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
4,000-Step Walking Workout 30 Minutes	Active Day of Rest	Fat Burning Beginner Workouts: Barre 30 Minutes	Fat Burning Beginner Workouts: Lower Body 30 Minutes	Active Day of Rest	Balance Training Strength + Stretch 45 Minutes	Walk Sweat Sculpt Total Body 45 Minutes