

SUPERCARGED 1.0

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Bootcamp Burn 1 45 Minutes	GOLD Met Con 1 30 Minutes	Active Day of Rest	GOLD Dirty 30 - Version 2 45 Minutes	GOLD Boxing + Bar 1 45 Minutes	GOLD HIIT Mixer 5 30 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD HIIT Lower Body 1 30 Minutes	GOLD HIIT Chest + Back 1 30 Minutes	Active Day of Rest	GOLD Barre Fusion 1 45 Minutes	GOLD Boxing + Bar 2 45 Minutes	GOLD Cardio + Core Burner 4 30 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD Bootcamp Burn 2 45 Minutes	GOLD HIIT Lower Body 2 45 Minutes	Active Day of Rest	GOLD Power Barre 3 45 Minutes	GOLD Boxing + Bar 3 45 Minutes	GOLD Hatha Yoga 3 30 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD CRT (Cardio Resistance Training) 3 45 Minutes	GOLD Met Con 2 30 Minutes	GOLD Full Body Circuit (FBC) 4 45 Minutes	Active Day of Rest	GOLD Kickboxing Strength 3 45 Minutes	GOLD Yoga Sculpt 5 45 Minutes	GOLD Cardio Kickboxing 5 30 Minutes