

TOTAL BODY TRANSFORMATION

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Mile Power Walk 20 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes	Barre Strong: Total Body Sculpt and Shred 30 Minutes	Walk, Sweat, Sculpt – Lower Body 30 Minutes	Walk, Sweat, Sculpt – Upper Body 30 Minutes	DAY OFF	Coming Down The Ladder 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
LIFT – Pilates Yoga Fusion 35 Minutes	Jab Punch Crunch Burner 20 Minutes	Ultimate Intervals 35 Minutes	Move Total Body 20 Minutes	HIIT Core Burner 30 Minutes	DAY OFF	Core Conditioning 35 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Burn & Build – Cardio Drills – Strength 30 Minutes	Bodyweight Burnout 1 20 Minutes	Stress Relief Yoga 40 Minutes	Serious Strength – Lower Body 30 Minutes	Walk & Tone to the Max 40 Minutes	DAY OFF	Serious Strength – Upper Body 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Power Ball 30 Minutes	Move Barre Sculpt 20 Minutes	Cardio Kickbox 20 Minutes	Yoga Stretch and Relax 20 Minutes	Bodyweight Intervals 45 Minutes	DAY OFF	Slow Burn 20 Minutes