

# WALK STRONGER (GOLD)

## WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
2,000-Step Walking Workout 30 Minutes	Walk, Sweat, Sculpt - Upper Body 30 Minutes	Active Day of Rest	GOLD Power Walking 4 30 Minutes	Walk, Sweat, Sculpt - Lower Body 30 Minutes	Active Day of Rest	Core Strength + Stretch 45 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD Walk & Sculpt 5 45 Minutes	3,000-Step Walking Workout 30 Minutes	Active Day of Rest	GOLD Beginner Power Walking 1 30 Minutes	GOLD Superset Circuits Lower Body 2 30 Minutes	Premium Pilates-Yoga Fusion 2 30 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD Beginner Power Walking 2 45 Minutes	GOLD Walking Shape Up with the Resistance Band 2 30 Minutes	Active Day of Rest	4,000 Step Walking Workout 30 Minutes	GOLD Superset Circuits Upper Body 2 30 Minutes	Active Day of Rest	GOLD Chill Yoga 1 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD Biceps, Core + Cardio 1 30 Minutes	Active Day of Rest	GOLD Beginner Power Walking 3 30 Minutes	GOLD Low Impact Fusion 5 30 Minutes	Active Day of Rest	Walk Sweat Sculpt Total Body 45 Minutes	5,000-Step Walking Workout 45 Minutes