

# YOGA SCULPT YOUR ABS

## WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIFT - Pilates Yoga Fusion 35 Minutes	Stress Relief Yoga 40 Minutes	GOLD: Power Flow Yoga 1 30 Minutes	GOLD: Buff Body Yoga 2 55 Minutes	GOLD: Cardio + Core Burner 1 35 Minutes	Core Blast Pilates 30 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD: Vinyasa Yoga 3 30 Minutes	Yoga Flow 20 Minutes	GOLD: HIIT Mixer 1 45 Minutes	GOLD: Cardio + Core Burner 2 40 Minutes	GOLD: Pilates Yoga Mixer 50 Minutes	GOLD: Pelvic Floor Workout 30 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD: Strength + Mobility 1 35 Minutes	Mindful Yoga 30 Minutes	GOLD: HIIT Mixer 2 45 Minutes	GOLD: Pilates Yoga Fusion 2 45 Minutes	GOLD: Flow & Yin Yoga 2 50 Minutes	GOLD: Hatha Yoga 1 45 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD: Power Pilates 3 30 Minutes	GOLD: HIIT Mixer 3 45 Minutes	GOLD: Pilates Core Strength 2 30 Minutes	GOLD: Meditative Yoga 2 45 Minutes	GOLD: Buff Body Yoga 3 30 Minutes	Active Day of Rest	LIFT - Low Impact Cardio And Core 30 Minutes