

# 28-DAY SHRED

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>GOLD</b> Kickboxing HIIT 45 Minutes	<b>GOLD</b> Barre Strength 45 Minutes	DAY OFF	<b>GOLD</b> 40-30-20 HIIT 2 45 Minutes	<b>GOLD</b> Mat Pilates 3 30 Minutes	<b>GOLD</b> Total Body Strength 30 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>GOLD</b> Cardio Kickboxing 3 30 Minutes	<b>GOLD</b> Buff Body Yoga 3 30 Minutes	<b>GOLD</b> FIT (Functional Interval Training) 30 Minutes	DAY OFF	<b>GOLD</b> Lower Body Max Out 45 Minutes	<b>GOLD</b> Flow & Yin Yoga 2 45 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>GOLD</b> Dance Jam 2 45 Minutes	<b>GOLD</b> Triple Threat 2 45 Minutes	<b>GOLD</b> Upper Body Max Out 45 Minutes	DAY OFF	<b>GOLD</b> HIIT Body Blast 2 45 Minutes	<b>GOLD</b> FIT Pilates on the Stability Ball 2 30 Minutes	<b>GOLD</b> Cardio + Core Burner 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>GOLD</b> Cardio Step 3 30 Minutes	DAY OFF	<b>GOLD</b> Rhythmic Repetitions 45 Minutes	<b>GOLD</b> Kickboxing HIIT 45 Minutes	<b>GOLD</b> Flow & Yin 30 Minutes	<b>GOLD</b> Supersetting 2 45 Minutes	<b>GOLD</b> Coming Down the Ladder 2 30 Minutes