

ACTIVE AGING (BEGINNER)

WORKOUT CALENDAR

GET HEALTHY 

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|--|--------------------|---|--|--|---|
| FAT BURNING BEGINNER TOTAL BODY WORKOUT 1 25 Minutes | RAISE THE BARRE 2 35 Minutes | Active Day of Rest | FAT BURNING BEGINNER WORKOUTS: UPPER BODY 25 Minutes | YOGA SCULPT PREMIUM 3 30 Minutes | FAT BURNING BEGINNER WORKOUTS: LOWER BODY 20 Minutes | Active Day of Rest |
| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| MORNING YOGA STRETCH 20 Minutes | LOW IMPACT BURN 1 30 Minutes | Active Day of Rest | FAT BURNING BEGINNER WORKOUTS: CARDIO 20 Minutes | FAT BURNING BEGINNER WORKOUT: BEGINNER EASY YOGA 20 Minutes | TOTAL BODY HIIT 2** 25 Minutes | Active Day of Rest |
| DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| FAT BURNING BEGINNER WORKOUTS: BARRE 25 Minutes | UPPER-BODY STRENGTH + STRETCH 45 Minutes | Active Day of Rest | LOWER BODY STRENGTH + STRETCH 40 Minutes | FEEL GOOD YOGA FLOW 1 30 Minutes | FAT BURNING BEGINNER WORKOUTS: STANDING CORE 20 Minutes | Active Day of Rest |
| DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| WALK SWEAT SCULPT TOTAL BODY 45 Minutes | LOW IMPACT DUMBBELL STRENGTH** 50 Minutes | Active Day of Rest | 4,000 STEP WALKING WORKOUT 30 Minutes | PREMIUM PILATES-YOGA FUSION 2 35 Minutes | Active Day of Rest | STEP AND SCULPT PREMIUM 1** 45 Minutes |

** = Intermediate/ Advanced Workouts for an extra challenge. Feel free to sub out or repeat another workout if these are too advanced.