

# BODY CHISEL

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Move Total Body 20 Minutes	Super 8 20 Minutes	Ultimate Kettlebell 40 Minutes	DAY OFF	Upper Body HIIT 30 Minutes Belly Blast 10 Minutes	Lower Body HIIT 30 Minutes	Ultimate Kettlebell Core 5 Minutes Yoga Stretch and Relax 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Ultimate Kettlebell 40 Minutes	Ultimate Intervals 30 Minutes	Core Conditioning 30 Minutes	DAY OFF	Total Body HIIT 30 Minutes	Ultimate Kettlebell Core 5 Minutes Yoga Flow 20 Minutes	Coming Down the Ladder 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Move Total Body 2 20 Minutes Yoga Stretch and Relax 20 Minutes	Core HIIT 30 Minutes	Ultimate Kettlebell 40 Minutes Ultimate Kettlebell Core 5 Minutes	DAY OFF	Bodyweight Burnout 1 20 Minutes Yoga Flow 20 Minutes	Booty Blast 10 Minutes Belly Blast 10 Minutes	Bodyweight Burnout 2 20 Minutes Yoga Stretch and Relax 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Super 8 20 Minutes	Ultimate Intervals 30 Minutes	Upper Body HIIT 30 Minutes	Lower Body HIIT 30 Minutes Belly Blast 10 Minutes	DAY OFF	Coming Down the Ladder 30 Minutes	Ultimate Kettlebell 40 Minutes Ultimate Kettlebell Core 5 Minutes