

BOOST YOUR IMMUNITY

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD LIVE: Sweat and Sculpt Circuit 45 Minutes	GOLD LIVE: Arms & Abs 45 Minutes	GOLD LIVE: Vinyasa Flow Yoga 1 45 Minutes	GOLD LIVE: Blended Barre 45 Minutes	GOLD LIVE: Butt + Legs + Thighs 45 Minutes	GOLD LIVE: HIIT 45 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD LIVE: CRT (Cardio Resistance Training) 45 Minutes	GOLD LIVE: Pyramid Power Plus 45 Minutes	GOLD LIVE: Vinyasa Yoga Flow 2 45 Minutes	GOLD LIVE: Cardio Kickboxing 1 45 Minutes	GOLD LIVE: Circuits 1-2-3 45 Minutes	GOLD LIVE: HIIT Body Blast 45 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD LIVE: Butt Burning Cardio 45 Minutes	GOLD LIVE: Low Impact Fusion 45 Minutes	GOLD LIVE: Flow & Yin 45 Minutes	GOLD LIVE: Barre Boxing 1 45 Minutes	GOLD LIVE: Resistance Band Blast 45 Minutes	GOLD LIVE: Bodyweight Circuit Breaker 45 Minutes	DAY OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD LIVE: Triple Threat 45 Minutes	GOLD LIVE: 40-30-20 HIIT 45 Minutes	GOLD LIVE: Vinyasa Yoga Flow 2 45 Minutes	GOLD LIVE: Cardio Kickboxing 2 45 Minutes	GOLD LIVE: AMRAPs 2 45 Minutes	GOLD LIVE: Body Weight Max 45 Minutes	DAY OFF