

BRIDAL BOOTCAMP

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD SUPERSET CIRCUITS UPPER BODY 2 33 Minutes	PYRAMID POWER PREMIUM 2 45 Minutes	GOLD SUPERSET CIRCUITS LOWER BODY 2 32 Minutes	DUMBBELL HIIT 30 Minutes	KICK BUTT KICKBOXING 43 Minutes	DAY OFF	GOLD Chill Yoga 1 31 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD FULL-BODY CIRCUIT (FBC) 7 49 Minutes	PYRAMID POWER PREMIUM 3 44 Minutes	GOLD BODY ZONE BREAKDOWN 4 46 Minutes	GOLD BICEP TRICEP AND BUTT (BTB) 1 35 Minutes	GOLD BOXING + BAR 3 47 Minutes	DAY OFF	YOGA SCULPT PREMIUM 2 29 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD ATHLETIC BARRE 5 50 Minutes	GOLD PYRAMID POWER 8 44 Minutes	GOLD BODY ZONE BREAKDOWN 5 50 Minutes	GOLD STRENGTH + JUMP ROPE 1 52 Minutes	KICK BUTT KICKBOXING 2 32 Minutes	DAY OFF	GOLD HIIT AND FLOW 2 47 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD FULL-BODY CIRCUIT (FBC) 8 46 Minutes	GOLD PYRAMID POWER 9 50 Minutes	GOLD BARRE FUSION 1 48 Minutes	GOLD DIRTY 30 – VERSION 5 33 Minutes	GOLD BOXING + BAR 4 34 Minutes	DAY OFF	GOLD YOGA FOR STRENGTH 1_ 35 Minutes