

CIRCUITS & INTERVALS 3 (GOLD)

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD DIRTY 30 - VERSION 6 35 Minutes	LOWER BODY HIIT 2 25 Minutes	UPPER BODY HIIT 2 25 Minutes	ACTIVE DAY OF REST	4,000 STEP WALKING WORKOUT 30 Minutes	YOGA SCULPT PREMIUM 3 30 Minutes	ACTIVE DAY OF REST
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD STRENGTH AND CONDITIONING HIIT 1 60 Minutes	GOLD ABS & BOOTY 1 50 Minutes	GOLD PYRAMID POWER KICKBOXING 3 45 Minutes	STEP AND SCULPT PREMIUM 1 45 Minutes	MOVE BETTER MOBILITY 1 25 Minutes	ACTIVE DAY OF REST	GOLD FULL BODY CIRCUIT (FBC) 9 50 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD STEP EXPRESS 2 35 Minutes	GOLD BODY ZONE BREAKDOWN 7 45 Minutes	GOLD BARRE HIIT CARDIO 2 45 Minutes	ACTIVE DAY OF REST	GOLD INTERVAL WALKING WORKOUT 3 40 Minutes	GOLD BUTT + LEGS + THIGHS 4 50 Minutes	GOLD VINYASA FLOW 5 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
LOW IMPACT DUMBBELL STRENGTH 2 35 Minutes	GOLD POWER WALKING 6 30 Minutes	ACTIVE DAY OF REST	GOLD TREMENDOUS TEN 3 30 Minutes	GOLD PILATES YOGA FUSION 3 35 Minutes	GOLD NO JUMPING TABATA HIIT 6 35 Minutes	GOLD STRENGTH AND CONDITIONING HIIT 2 60 Minutes