

# FIRM N BURN

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Walk Sweat Sculpt Total Body 45 Minutes	3-2-1 #2 30 Minutes	Active Day of Rest	Pyramid Power Premium 3 45 Minutes	3,000-Step Walking Workout 30 Minutes	Active Day of Rest	Feel Good Yoga Flow 1 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2,000-Step Walking Workout 20 Minutes	Dumbbell HIIT 2 30 Minutes	Active Day of Rest	Serious Strength Upper Body 2 30 Minutes	Straight-Up Strength 2 45 Minutes	Premium Pilates 2 30 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Lower Body Strength + Stretch 45 Minutes	Upper-Body Strength + Stretch 45 Minutes	Active Day of Rest	Low Impact Burn 2 30 Minutes	Cardio Sculpt 2 45 Minutes	Active Day of Rest	Raise The Barre 1 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Kick Butt Kickboxing 2 30 Minutes	Active Day of Rest	Serious Strength Lower Body 2 30 Minutes	Ultimate Intervals 2 45 Minutes	Active Day of Rest	Premium Pilates-Yoga Fusion 2 30 Minutes	Dumbbell HIIT 3 30 Minutes