

# GET U STARTED

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>1 Mile Power Walk</b> 15 Minutes  <b>Upper Body Tone</b> 10 Minutes	<b>Cardio Kickbox</b> 20 Minutes	<b>Walk &amp; Tone Express</b> 20 Minutes	DAY OFF	<b>1 Mile Power Walk</b> 15 Minutes  <b>Lower Body Shred</b> 10 Minutes	<b>Core Blast Pilates</b> 30 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Cardio Kickbox</b> 20 Minutes  <b>Yoga Stretch</b> 10 Minutes	<b>Walk &amp; Tone to the Max</b> 40 Minutes	DAY OFF	<b>1 Mile Power Walk</b> 15 Minutes  <b>Lower Body Shred</b> 10 Minutes	<b>Core Blast Pilates</b> 30 Minutes	<b>1 Mile Power Walk</b> 15 Minutes  <b>Upper Body Tone</b> 10 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>2 Mile Endurance Walk</b> 30 Minutes  <b>Yoga Stretch 2</b> 10 Minutes	<b>Cardio Kickbox</b> 20 Minutes  <b>Pilates Abs 2</b> 10 Minutes	<b>Walk &amp; Tone to the Max</b> 40 Minutes	DAY OFF	<b>2 Mile Endurance Walk</b> 30 Minutes  <b>Upper Body Tone</b> 10 Minutes	<b>Walk &amp; Tone Express</b> 20 Minutes  <b>Yoga Stretch</b> 10 Minutes	<b>Core Blast Pilates</b> 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>2 Mile Endurance Walk</b> 30 Minutes  <b>Lower Body Shred</b> 10 Minutes	<b>Cardio Kickbox</b> 20 Minutes  <b>Pilates Abs 2</b> 10 Minutes	<b>Walk &amp; Tone to the Max</b> 40 Minutes  <b>Yoga Stretch 2</b> 10 Minutes	DAY OFF	<b>2 Mile Endurance Walk</b> 30 Minutes  <b>Upper Body Tone</b> 10 Minutes	<b>Walk &amp; Tone Express</b> 20 Minutes  <b>Yoga Stretch</b> 10 Minutes	<b>Core Blast Pilates</b> 30 Minutes