

# HIIT (GOLD)

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>GOLD HIIT</b> 45 Minutes	<b>GOLD 40-30-20 HIIT</b> 45 Minutes	DAY OFF	<b>GOLD Barre Boxing 1</b> 45 Minutes	<b>GOLD Cardio + Core Tabata</b> 45 Minutes	<b>GOLD Vinyasa Flow Yoga 1</b> 45 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>GOLD Cardio + Core Burner</b> 30 Minutes	<b>GOLD 40-30-20 HIIT 2</b> 45 Minutes	<b>GOLD Flow &amp; Yin 1</b> 30 Minutes	DAY OFF	<b>GOLD HIIT Body Blast</b> 45 Minutes	<b>GOLD Kickboxing HIIT</b> 45 Minutes	<b>GOLD Vinyasa Flow Yoga 2</b> 45 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY OFF	<b>GOLD 40-30-20 HIIT 3</b> 45 Minutes	<b>GOLD Cardio + Core Burner 2</b> 30 Minutes	<b>GOLD Flow &amp; Yin Yoga 2</b> 45 Minutes	<b>GOLD HIIT Body Blast 2</b> 45 Minutes	DAY OFF	<b>GOLD Barre Boxing 2</b> 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>GOLD Cardio HIIT</b> 45 Minutes	<b>GOLD Cardio + Core Tabata</b> 45 Minutes	DAY OFF	<b>GOLD Tabata HIIT</b> 45 Minutes	<b>GOLD Vinyasa Flow 3</b> 45 Minutes	<b>GOLD HIIT</b> 45 Minutes	<b>GOLD 40-30-20 HIIT 2</b> 45 Minutes