

# KICKBOXING STRONG

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>GOLD Cardio Kickboxing 4</b> 30 Minutes	<b>Serious Strength Upper Body 2</b> 30 Minutes	<b>Active Day of Rest OR GOLD Hatha Yoga 3</b>	<b>GOLD Boxing + Bar 1</b> 45 Minutes	<b>GOLD HIIT Lower Body 2</b> 30 Minutes	<b>GOLD Barre Boxing 3</b> 45 Minutes	<b>Active Day of Rest</b>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Jab Punch Crunch Burner Workout</b> 30 Minutes	<b>GOLD No Jumping Tabata HIIT</b> 30 Minutes	<b>Active Day of Rest OR Yoga Basics: Mobility</b>	<b>GOLD No Repeater Low Impact Strength 2</b> 30 Minutes	<b>Ultimate Intervals 2</b> 45 Minutes	<b>GOLD Kickboxing Strength 2</b> 45 Minutes	<b>Active Day of Rest</b>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>Kick Butt Kickboxing</b> 45 Minutes	<b>GOLD Pyramid Power Kickboxing 2</b> 45 Minutes	<b>Active Day of Rest OR Mindful Yoga</b>	<b>Low Impact Burn 1</b> 30 Minutes	<b>Low Impact Dumbbell Strength</b> 45 Minutes	<b>Burn &amp; Build - Cardio Boxing Strength</b> 45 Minutes	<b>Active Day of Rest</b>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>GOLD Cardio Kickboxing 5</b> 30 Minutes	<b>GOLD Boxing + Bar 2</b> 45 Minutes	<b>Low Impact Burn 2</b> 30 Minutes	<b>Active Day of Rest OR GOLD Yoga Sculpt 5</b>	<b>Kickboxing + Core 1</b> 45 Minutes	<b>GOLD Kickboxing Strength 3</b> 45 Minutes	<b>GOLD Kickboxing HIIT 2</b> 45 Minutes