

LIFT (LOW IMPACT FUNCTIONAL TRAINING)

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIFT: Upper Body 30 Minutes	LIFT: Cardio and Core 30 Minutes	DAY OFF	LIFT: Lower Body 30 Minutes	LIFT: Pilates Yoga Fusion 30 Minutes	GOLD: Cardio Kickboxing 2 45 Minutes or GOLD: Dance Jam 2 45 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD: Lengthen and Strengthen 45 Minutes	GOLD: Functional Interval Training 2 45 Minutes	LIFT: Upper Body 30 Minutes	DAY OFF	GOLD: Low Impact AMRAPs 45 Minutes	GOLD: Kickboxing HIIT 45 Minutes or Full Body HIIT 20 Minutes	GOLD: Low Impact Fusion 45 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY OFF	GOLD: Mat Pilates 3 30 Minutes	LIFT: Lower Body 30 Minutes	GOLD: Functional Interval Training 30 Minutes	Ultimate Intervals 30 Minutes or GOLD: Cardio Dance 2 45 Minutes	Core Connection 30 Minutes	DAY OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
LIFT: Pilates Yoga Fusion 30 Minutes	GOLD: Dance Jam 1 30 Minutes or GOLD: Cardio Kickboxing 3 30 Minutes	GOLD: Lengthen and Strengthen 2 45 Minutes	DAY OFF	LIFT: Cardio and Core 30 Minutes	GOLD: Low Impact AMRAPs 45 Minutes	GOLD: Low Impact Fusion 45 Minutes