

LIFT AND PUNCH

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BARRE STRONG: Total Body Sculpt and Shred 35 Minutes	20 Minute Yoga Flow 20 Minutes	SERIOUS STRENGTH: Total Body 30 Minutes	ACTIVE DAY OF REST	BARRE STRONG: Lower Body Barre Workout 30 Minutes	JAB PUNCH CRUNCH: HIIT Workout 35 Minutes	ACTIVE DAY OF REST
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
SERIOUS STRENGTH: Upper Body 30 Minutes	BARRE STRONG: Bodyweight HIIT Workout 30 Minutes	JAB PUNCH CRUNCH: Burner Workout 20 Minutes + 10 Minute Workout of Your Choice	ACTIVE DAY OF REST	SERIOUS STRENGTH: Lower Body 30 Minutes	Power Flow Yoga 20 Minutes + 10 Minute Workout of Your Choice	BARRE STRONG: Arms and Abs Workout 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
ACTIVE DAY OF REST	JAB PUNCH CRUNCH: HIIT Workout 35 Minutes	Yoga Stretch and Relax 20 Minutes + 10 Minute Workout of Your Choice	BARRE STRONG: Bodyweight HIIT Workout 30 Minutes	SERIOUS STRENGTH: Core & Balance 25 Minutes + 10 Minute Workout of Your Choice	ACTIVE DAY OF REST	JAB PUNCH CRUNCH: Core Workout 20 Minutes + 10 Minute Workout of Your Choice
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
SERIOUS STRENGTH: Total Body 30 Minutes	POWER 20: Cardio Kickbox 20 Minutes + 10 Minute Workout of Your Choice	BARRE STRONG: Lower Body Barre Workout 30 Minutes	Yoga Flowetry Workout 60 Minutes	ACTIVE DAY OF REST	JAB PUNCH CRUNCH: Burner Workout 20 Minutes + 10 Minute Workout of Your Choice	BARRE STRONG: Total Body Sculpt and Shred 35 Minutes