

MUSCLE MAX OUT

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SERIOUS STRENGTH: Total Body 30 Minutes	GOLD Strength Training Split (Day 1) 30 Minutes	ACTIVE DAY OF REST OR CARDIO	SERIOUS STRENGTH: Lower Body 30 Minutes	GOLD Vinyasa Yoga 3 30 Minutes	Upper Body Resculpt 30 Minutes	ACTIVE DAY OF REST OR CARDIO
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD Strength Training Split (Day 2) 30 Minutes	GOLD Supersetting 1 45 Minutes	ACTIVE DAY OF REST OR CARDIO	GOLD Flow & Yin 30 Minutes	SERIOUS STRENGTH: Upper Body 30 Minutes	ACTIVE DAY OF REST OR CARDIO	GOLD Strength Training Split (Day 3) 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Total Body Firm Up 30 Minutes	ACTIVE DAY OF REST OR CARDIO	Core Blast Pilates 30 Minutes	Lower Body Burn 30 Minutes	ACTIVE DAY OF REST OR CARDIO	GOLD Strength Training Split (Day 4) 30 Minutes	GOLD Hatha Yoga 1 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
ACTIVE DAY OF REST OR CARDIO	GOLD Total Body Strength 2 45 Minutes	GOLD Mobility 1 30 Minutes	SERIOUS STRENGTH: Core & Balance 30 Minutes	ACTIVE DAY OF REST OR CARDIO	GOLD Total Body Strength 30 Minutes	GOLD Supersetting 2 45 Minutes