

STEP STRONG

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Cardio Step 5 45 Minutes	GOLD Step HIIT 1 45 Minutes	Active Day of Rest OR GOLD Hatha Yoga 3 30 Minutes	GOLD Step Strength 45 Minutes	GOLD Full Body Circuit (FBC) 1 45 Minutes	GOLD Triple Threat 45 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD Cardio Step 2 30 Minutes	* GOLD BOSU Circuits 1 45 Minutes	Active Day of Rest OR GOLD Power Flow Yoga 2 45 Minutes	GOLD Step Strength 2 45 Minutes	GOLD Full Body Circuit (FBC) 2 45 Minutes	GOLD Triple Threat 2 45 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD Cardio Step 3 30 Minutes	GOLD Step HIIT 2 45 Minutes	Active Day of Rest OR GOLD Yoga Tune Up Back + Hamstrings 1	GOLD Step Strength 3 45 Minutes	GOLD Full Body Circuit (FBC) 3 45 Minutes	GOLD Triple Threat 3 45 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD Cardio Step 4 45 Minutes	* GOLD BOSU Circuits 2 45 Minutes	GOLD Butt Burning Cardio 45 Minutes	Active Day of Rest OR GOLD Yoga Tune up Hip Openers 1	GOLD Full Body Circuit (FBC) 4 45 Minutes	GOLD Triple Threat 4 45 Minutes	GOLD CRT (Cardio Resistance Training) 3 45 Minutes

* A step can be used instead of a BOSU Ball if you do not have a BOSU Ball!