

STRONG + LEAN

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Lower Body Max Out 45 Minutes	GOLD Upper Body Max Out 45 Minutes	DAY OFF	Slow Burn 20 Minutes (Optional add on) Barre Core 10 Minutes	GOLD Buff Body Yoga 2 45 Minutes	DAY OFF	BODYWEIGHT FUSION: Core Conditioning 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD Butt + Legs + Thighs 45 Minutes	GOLD Arms & Abs 45 Minutes	DAY OFF	Full Body HIIT 20 Minutes (Optional add on) Butt and Back 10 Minutes	GOLD Barre Boxing 1 45 Minutes	DAY OFF	GOLD CRT 2 (Cardio Resistance Training) 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD Lower Body Max Out 45 Minutes	GOLD Upper Body Max Out 45 Minutes	Move Core 20 Minutes (Optional add on) Barre Strength 10 Minutes	Mega Muscle HIIT 30 Minutes	GOLD Buff Body Yoga 3 30 Minutes	DAY OFF	GOLD 40-30-20 HIIT 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD Butt + Legs + Thighs 45 Minutes	GOLD Arms & Abs 45 Minutes	Move Barre Sculpt 20 Minutes (Optional add on) Low Impact Barre Cardio 10 Minutes	GOLD 40-30-20 HIIT 2 45 Minutes	GOLD Barre Boxing 2 45 Minutes	DAY OFF	BODYWEIGHT FUSION: Ultimate Intervals 30 Minutes