

TRAINER CHALLENGE

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Sweat and Sculpt Circuit Jodi & Chris	GOLD Barre Boxing 1 Lindsey & Chris	GOLD Pilates Core Strength Kate & Chris	DAY OFF	GOLD Low Impact Fusion Chris & Leah	GOLD Balance and Core 1 Leah & Jodi	GOLD Medicine Ball Bootcamp Jodi & Lindsey
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY OFF	GOLD Blended Barre Lindsey & Kate	GOLD Walk and Sculpt 1 Chris & Jodi	GOLD Butt + Legs + Thighs Lindsey & Jodi	DAY OFF	GOLD Cardio Dance 1 Leah & Chris	GOLD Buff Body Yoga 1 Chris & Kate
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD Sweat and Sculpt Circuit Jodi & Chris	DAY OFF	GOLD Barre Boxing 1 Lindsey & Chris	GOLD Pilates Core Strength Kate & Chris	GOLD Low Impact Fusion Chris & Leah	DAY OFF	GOLD Balance and Core 1 Leah & Jodi
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD Medicine Ball Bootcamp Jodi & Lindsey	GOLD Blended Barre Lindsey & Kate	DAY OFF	GOLD Walk and Sculpt 1 Chris & Jodi	GOLD Butt + Legs + Thighs Lindsey & Jodi	GOLD Cardio Dance 1 Leah & Chris	GOLD Buff Body Yoga 1 Chris & Kate