

10 FOR 10 (INTERMEDIATE)

WORKOUT CALENDAR

GET HEALTHY 

Each day of the calendar has a clickable link

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Bodyweight Workout 10 Minutes	All About the Upper Body Workout 10 Minutes	Vinyasa Flow Yoga Sequence 10 Minutes	Cardio Circuit 10 Minutes	Barre Strength Workout 10 Minutes
Led by GHUTV trainer Chris	Led by GHUTV trainer Lindsey	Led by GHUTV trainer Chris	Led by GHUTV trainer Leah	Led by GHUTV trainer Lindsey
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Abs and Glutes Workout 10 Minutes	Back, Bicep and Tricep Workout 10 Minutes	Butt and Thigh Workout 10 Minutes	Barre Core Workout 10 Minutes	Tabata Bodyweight Workout 10 Minutes
Led by GHUTV trainer Lindsey	Led by GHUTV trainer Shelley	Led by GHUTV trainer Leah	Led by GHUTV trainer Lindsey	Led by GHUTV trainer Chris