

# 10 FOR 10 (BEGINNER)

## WORKOUT CALENDAR

GET HEALTHY 

\*Each day of the calendar has a clickable link\*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Low Impact Circuit</b> 10 Minutes	<b>Lower Body Exercise for Beginners</b> 10 Minutes	<b>Total Body Stretch 2</b> 10 Minutes	<b>Chest and Shoulder Workout</b> 10 Minutes	<b>Vinyasa Flow Yoga Sequence</b> 10 Minutes
Led by GHUTV trainer Chris	Led by GHUTV trainer Leah	Led by GHUTV trainer Leah	Led by GHUTV trainer Lindsey	Led by GHUTV trainer Chris
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Back, Bicep, and Tricep Workout</b> 10 Minutes	<b>Towel Pyramid Workout</b> 10 Minutes	<b>Low Impact Barre Cardio Workout</b> 10 Minutes	<b>Pilates Abs Workout</b> 10 Minutes	<b>Indoor Walking Workout</b> 10 Minutes
Led by GHUTV trainer Lindsey	Led by GHUTV trainer Leah	Led by GHUTV trainer Lindsey	Led by GHUTV trainer Kate	Led by GHUTV trainer Chris