

CIRCUITS & INTERVALS

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Interval Inferno 1 45 Minutes	GOLD Pyramid Power Kickboxing 45 Minutes	GOLD Bodyweight Intervals 2 30 Minutes	DAY OFF	GOLD Power Pilates 1 45 Minutes	GOLD Cardio HIIT 30 Minutes	GOLD 40-30-20 HIIT 2 45 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD Step HIIT 1 45 Minutes	DAY OFF	GOLD Bodyweight Intervals 1 30 Minutes	GOLD Game of 21 Version 2 45 Minutes	GOLD Hatha Yoga 2 30 Minutes	GOLD Cardio + Core Burner 2 40 Minutes	GOLD Interval Inferno 2 45 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD Arms & Abs 45 Minutes	GOLD Pyramid Power Plus 3 45 Minutes	DAY OFF	GOLD Resistance Band HIIT 45 Minutes	GOLD Pilates Yoga Fusion 2 45 Minutes	GOLD No Repeater Strength + HIIT Workout 45 Minutes	GOLD Kickboxing Strength 1 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD FIT (Functional Interval Training) 35 Minutes	DAY OFF	GOLD No Jumping Strength 2 45 Minutes	GOLD Kickboxing HIIT 45 Minutes	GOLD Slow Flow Yoga 2 45 Minutes	GOLD Cardio + Core Tabata 45 Minutes	GOLD Pyramid Power Plus 4 45 Minutes