

SWEAT IN 20 (PREMIUM)

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Full Body HIIT Workout 20 Minutes	Muffin Top Melter 10 Minutes	Cardio Kickbox 20 Minutes	DAY OFF	Indoor Interval Walking Workout 20 Minutes	Circuits in 6 20 Minutes	Yoga Stretch and Relax 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Jab Punch Crunch Burner Workout 20 Minutes	Bodyweight Burnout 1 20 Minutes	DAY OFF	Belly Blast 10 Minutes Booty Blast 10 Minutes	Move Strength and Power Lower Body 20 Minutes	Power Flow Yoga 20 Minutes	Fat Burning Cardio Walking 20 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Slow Burn Workout 20 Minutes	DAY OFF	Move Barre Legs 20 Minutes	Jab Punch Crunch Core Workout 20 Minutes	Yoga Flow 20 Minutes	Move Total Body 20 Minutes	Move Barre Cardio 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY OFF	Belly Blast 10 Minutes Booty Blast 10 Minutes	Pyramid Power 20 Minutes	Walk & Tone Express 20 Minutes	Full Body HIIT Workout 20 Minutes	Bodyweight Burnout 2 20 Minutes	Move Total Body 2 20 Minutes