

# SWEAT IN 30 (GOLD)

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>GOLD:</b> Total Body Strength 30 Minutes	<b>GOLD:</b> Stability Ball Burner 30 Minutes	<b>GOLD:</b> Cardio + Core Burner 30 Minutes	<b>GOLD:</b> Pilates Core Strength 2 30 Minutes	<b>DAY OFF</b>	<b>GOLD:</b> Cardio Step 2 30 Minutes	<b>GOLD:</b> Power Flow Yoga 1 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>GOLD:</b> Circuits 1-2-3 (Version 2) 30 Minutes	<b>GOLD:</b> Mini Band Barre 2 30 Minutes	<b>GOLD:</b> Vinyasa Yoga 3 30 Minutes	<b>DAY OFF</b>	<b>GOLD:</b> Bodyweight Circuit Breaker 2 30 Minutes	<b>GOLD:</b> Low Impact Fusion 2 30 Minutes	<b>GOLD:</b> Kettlebell Circuits 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>GOLD:</b> FIT (Functional Interval Training) 30 Minutes	<b>DAY OFF</b>	<b>GOLD:</b> Medicine Ball Bootcamp 2 30 Minutes	<b>GOLD:</b> Cardio + Core Burner 2 30 Minutes	<b>GOLD:</b> AMRAPs 3 Bodyweight Workout 30 Minutes	<b>GOLD:</b> Stability Ball Burner 30 Minutes	<b>GOLD:</b> Coming Down the Ladder 2 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>DAY OFF</b>	<b>GOLD:</b> Buff Body Yoga 3 30 Minutes	<b>GOLD:</b> Cardio Kickboxing 3 30 Minutes	<b>GOLD:</b> Mat Pilates 3 30 Minutes	<b>GOLD:</b> CRT 2 (Cardio Resistance Training) 30 Minutes	<b>GOLD:</b> Pilates on the Stability Ball 30 Minutes	<b>GOLD:</b> Kettlebell AMRAPs 30 Minutes