

SWEAT IN 30 (PREMIUM)

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Burn & Build Cardio Drills – Strength 30 Minutes	HIIT Core Burner 30 Minutes	LIFT – Low Impact Upper Body Workout 30 Minutes	Walk, Sweat, Sculpt – Lower Body 30 Minutes	DAY OFF	Core Connection 30 Minutes	Serious Strength Program – Lower Body 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Power Walking Workout: Tone Every Zone 30 Minutes	LIFT – Pilates Yoga Fusion 30 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes	DAY OFF	LIFT – Low Impact Lower Body Workout 30 Minutes	Serious Strength Program – Core & Balance 30 Minutes	Core HIIT 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LIFT – Low Impact Cardio and Core Workout 30 Minutes	DAY OFF	Power Ball 30 Minutes	Serious Strength Program – Upper Body 30 Minutes	Total Body HIIT 30 Minutes	Mega Muscle HIIT Workout 30 Minutes	Upper Body Resculpt 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY OFF	Serious Strength Program – Total Body 30 Minutes	Coming Down The Ladder Workout 30 Minutes	Core Blast Pilates 30 Minutes	Total Body Firm Up 30 Minutes	Ultimate Intervals 30 Minutes	Bodyweight Cross Training – Cardio Crusher 30 Minutes