

BEGINNER TO BUFF

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Mile Power Walk 15 Minutes Lower Body Shred 10 Minutes	Walk & Tone Express 20 Minutes	DAY OFF	GOLD: Walk & Sculpt 45 Minutes	2 Mile Endurance Walk 30 Minutes	DAY OFF	GOLD: Low Impact Fusion 45 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Upper Body Tone 2 10 Minutes Lower Body Shred 10 Minutes	DAY OFF	GOLD: Total Body Stability Ball Workout 45 Minutes	GOLD: Balance & Core 45 Minutes	DAY OFF	GOLD: Cardio Dance 45 Minutes	Walk & Tone Express 20 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Buff Body Yoga 45 Minutes	DAY OFF	GOLD: Walking Shape Up Resistance Band 45 Minutes	1 Mile Power Walk 15 Minutes Lower Body Shred 10 Minutes	Walk & Tone Express 20 Minutes	DAY OFF	GOLD: Walk & Sculpt 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
2 Mile Endurance Walk 30 Minutes	GOLD: Low Impact Fusion 45 Minutes	DAY OFF	Upper Body Tone 2 10 Minutes Lower Body Shred 10 Minutes	GOLD: Total Body Stability Ball Workout 45 Minutes	GOLD: Balance & Core 45 Minutes	GOLD: Cardio Dance 45 Minutes