

MOVE YOUR BODY MASHUP

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HIIT Workout Program: Going Strong 50 Minutes	Power Ball 30 Minutes	Core Blast Pilates 30 Minutes	DAY OFF	Ultimate Intervals 30 Minutes	Calorie Sizzler 30 Minutes Move Total Body 20 Minutes	Wild Card Day Pick Your Favorite GHUTV Workout
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Ultimate Kettlebell 40 Minutes Ultimate Kettlebell Core 10 Minutes	DAY OFF	Yoga Flowetry 50 Minutes	HIIT Workout Program: Going Strong 50 Minutes	Power Ball 30 Minutes	Core Blast Pilates 30 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Ultimate Intervals 30 Minutes	Calorie Sizzler 30 Minutes Move Total Body 20 Minutes	Wild Card Day Pick Your Favorite GHUTV Workout	Ultimate Kettlebell 40 Minutes Ultimate Kettlebell Core 10 Minutes	Yoga Flowetry 50 Minutes	HIIT Workout Program: Going Strong 50 Minutes	Power Ball 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Core Blast Pilates 30 Minutes	DAY OFF	Ultimate Intervals 30 Minutes	Calorie Sizzler 30 Minutes Move Total Body 20 Minutes	Wild Card Day Pick Your Favorite GHUTV Workout	Ultimate Kettlebell 40 Minutes Ultimate Kettlebell Core 10 Minutes	Yoga Flowetry 50 Minutes