

FIT OVER 40

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Kettlebell Circuits 30 Minutes	LIFT: Cardio and Core 30 Minutes	DAY OFF	GOLD Kickboxing HIIT 45 Minutes	GOLD Flow & Yin Yoga 30 Minutes	GOLD Barre Strength 45 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
LIFT: Upper Body Workout 30 Minutes	GOLD Buns N' Abs 45 Minutes	GOLD Cardio Kickboxing 3 30 Minutes or Dance Jam 30 Minutes	DAY OFF	GOLD Supersetting 45 Minutes	POWER WALKING: Fat Burning Cardio Walking 20 Minutes	SERIOUS STRENGTH: Total Body 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY OFF	BODYWEIGHT FUSION: Core Conditioning 30 Minutes	GOLD Total Body Strength 30 Minutes	LIFT: Pilates Yoga Fusion 30 Minutes	DAY OFF	Beginner GOLD Interval Walking 30 Minutes	GOLD Lengthen and Strengthen 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD Cardio Kickboxing 2 45 Minutes or Dance Jam 2 30 Minutes	DAY OFF	SERIOUS STRENGTH: Upper Body 30 Minutes	SERIOUS STRENGTH: Lower Body 30 Minutes	GOLD Vinyasa Flow Yoga 45 Minutes	DAY OFF	GOLD Low Impact Fusion 45 Minutes