

GO GOLD

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Pure Strength	Walk & Sculpt	Kettlebells	DAY OFF	New LIVE workout of the week	Sweat and Sculpt Circuits	Medicine Ball Circuits
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY OFF	Low Impact Fusion	Pilates on the Stability Ball	Cardio Kickboxing	New LIVE workout of the week	Pure Strength	Vinyasa Flow Yoga
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Resistance Band Blast	Body Weight Max	DAY OFF	Mat Pilates	New LIVE workout of the week	Low Impact Fusion	Pilates Core Strength
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
HIIT	Cardio Kickboxing	DAY OFF	Balance and Core	New LIVE workout of the week	Kettlebells	Walk & Sculpt