

GO GOLD

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Pure Strength 45 Minutes	Walk and Sculpt 45 Minutes	Kettlebells 45 Minutes	DAY OFF	Wild Card Workout	Sweat and Sculpt Circuits 45 Minutes	Medicine Ball Circuits 45 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY OFF	Low Impact Fusion 45 Minutes	Pilates on the Stability Ball 45 Minutes	Cardio Kickboxing 45 Minutes	Wild Card Workout	Pure Strength 45 Minutes	Vinyasa Flow Yoga 45 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Resistance Band Blast 45 Minutes	Body Weight Max 45 Minutes	DAY OFF	Mat Pilates 45 Minutes	Wild Card Workout	Low Impact Fusion 45 Minutes	Pilates Core Strength 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
HIIT 45 Minutes	Cardio Kickboxing 45 Minutes	DAY OFF	Balance and Core 45 Minutes	Wild Card Workout	Kettlebells 45 Minutes	Walk and Sculpt 45 Minutes

Wild Card Workout – Pick your favorite GHUTV LIVE workout