

SERIOUS STRENGTH

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Serious Strength Total Body 30 Minutes	DAY OFF	Serious Strength Lower Body 30 Minutes	Cardio Kickboxing 20 Minutes Muffin Top Melter 10 Minutes	Serious Strength Upper Body 30 Minutes	DAY OFF	Power Flow Yoga 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Serious Strength Core and Balance 30 Minutes	Calorie Sizzler 30 Minutes	Serious Strength Total Body 30 Minutes	DAY OFF	Serious Strength Lower Body 30 Minutes	Indoor Interval Walking Workout 20 Minutes Muffin Top Melter 10 Minutes	Serious Strength Upper Body 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY OFF	Power Flow Yoga 20 Minutes	Serious Strength Core and Balance 30 Minutes	Wild Card Cardio 30 Minutes	Serious Strength Total Body 30 Minutes	DAY OFF	Serious Strength Lower Body 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Cardio Kickboxing 20 Minutes Muffin Top Melter 10 Minutes	Serious Strength Upper Body 30 Minutes	DAY OFF	Power Flow Yoga 20 Minutes	Serious Strength Core and Balance 30 Minutes	Wild Card Cardio 30 Minutes	Serious Strength Total Body 30 Minutes

Wild Card Cardio – Pick your favorite form of cardio for 30 minutes