

STRONG + LEAN

GET HEALTHY



NOURISH **MOVE** LOVE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Gold Live: Lower Body Max Out 45 Minute	Gold Live: Upper Body Max Out 45 Minutes	DAY OFF	Slow Burn 20 Minutes Option add on: 10 Minute Barre Core	Gold Live: Buff Body Yoga 2 45 Minutess	DAY OFF	Bodyweight Fusion: Core Conditioning 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Gold Live: Butt, Legs + Thighs 45 Minute	Gold Live: Arms + Abs 45 Minute	DAY OFF	Full Body HIIT 20 Minute Option add on: 10 Minute Butt + Back	Gold Live: Barre Boxing 1 45 Minutes	DAY OFF	Gold Live: CRT Cardio Resistance Training 2 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Gold Live: Lower Body Max Out 45 Minute	Gold Live: Upper Body Max Out 45 Minutes	Barre Core 20 Minutes Option add on: 10 Minute Barre Strength	Mega Muscle HIIT 30 Minutes	Gold Live: Buff Body Yoga 3 30 Minutes	DAY OFF	Gold Live: 40-30-20 HIIT 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Gold Live: Butt, Legs + Thighs 45 Minute	Gold Live: Arms + Abs 45 Minute	Barre Sculpt 20 Minutes Option add on: 10 Minute Low Impact Barre Cardio	Gold Live: 40-30-20 HIIT 2 45 Minutes	Gold Live: Barre Boxing 2 45 Minutes	DAY OFF	Bodyweight Fusion: Ultimate Intervals 30 Minutes