

YOGA FLOWETRY

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yoga Pose Tutorial 15 Minutes	Yoga Flowetry Workout 60 Minutes	Cardio of Choice* 30 Minutes Yoga Stretch 1 10 Minutes	Core Blast Pilates 30 Minutes	Yoga Flowetry Workout 60 Minutes	Cardio of Choice* 30 Minutes Power Flow Yoga 20 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Yoga Flowetry Workout 60 Minutes	Cardio of Choice* 30 Minutes Belly Blast 10 Minutes	Yoga Stretch and Relax 25 Minutes	DAY OFF	Yoga Flowetry Workout 60 Minutes	Cardio of Choice* 30 Minutes Yoga Stretch 2 10 Minutes	Core Blast Pilates 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Yoga Flow 20 Minutes	Yoga Flowetry Workout 60 Minutes	Cardio of Choice* 30 Minutes Core Blast Pilates 30 Minutes	Yoga Flowetry Workout 60 Minutes	DAY OFF	Cardio of Choice* 30 Minutes Belly Blast 10 Minutes	Yoga Stretch and Relax 25 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Yoga Flowetry Workout 60 Minutes	Cardio of Choice* 30 Minutes Yoga Stretch 1 10 Minutes	Yoga Stretch and Relax 25 Minutes	Core Blast Pilates 30 Minutes Yoga Stretch 2 10 Minutes	Cardio of Choice* 30 Minutes Belly Blast 10 Minutes	DAY OFF	Yoga Flowetry Workout 60 Minutes

* Cardio of Choice can be any activity that gets your heart rate up. Walking, jogging, swimming, biking or any of the GHUTV cardio workouts that you enjoy.