

# FOUNDATIONS

## WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Chair Program – Chair Strength 30 Minutes	Core Connection 30 Minutes	DAY OFF	1 Mile Power Walk 15 Minutes	GOLD: Beginner GOLD Fat Burning Circuits 2 30 Minutes	DAY OFF	Chair Program – Chair Cardio 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2 Mile Endurance Walk 30 Minutes	GOLD: Beginner GOLD Barre 1 30 Minutes	DAY OFF	GOLD: Beginner GOLD Core Off The Floor 30 Minutes	Chair Program – Chair Conditioning 30 Minutes	GOLD: Beginner GOLD Total Body Conditioning 1 30 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Indoor Interval Walking Workout 20 Minutes	GOLD: Pelvic Floor Workout 30 Minutes	Fat Burning Cardio Walking 20 Minutes	GOLD: Beginner GOLD Bodyweight Bootcamp 30 Minutes	DAY OFF	GOLD: Beginner GOLD Fat Burning Circuits 2 30 Minutes	Power Walking Workout: Tone Every Zone 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD: Beginner GOLD Interval Walking Workout 2 30 Minutes	Core Connection 30 Minutes	DAY OFF	GOLD: Beginner GOLD Core Off The Floor 30 Minutes	Walk, Sweat, Sculpt – Upper Body 30 Minutes	Walk, Sweat, Sculpt – Lower Body 30 Minutes	GOLD: Beginner GOLD Total Body Conditioning 1 30 Minutes