

Healthy Aging Calendar

Click on the workout name to access the video

WEEK ONE

1. 35 Min Lower Body & Core Sculpt
2. 50 Min Lower Body Progressive Weight Training
3. 34 Min Upper Body & Core Strength + 5 Min Seated Upper Body Cool Down
4. 15 Min Standing Full Body Cardio Boost + 35 Min Full Body Strength

WEEK TWO

1. 17 Min Full Body Burn + 34 Min Lower Body Sculpt
2. 35 Min Full Body Progressive Weight Training
3. 15 Min Lower Body Sculpt & Burn + 36 Min Mat Full Body Sculpt & Stretch
4. 38 Min Lower Body Sculpt

WEEK THREE

1. 35 Min Lower Body Progressive Weight Training
2. 21 Min Standing Full Body Sculpt & Burn + 33 Min Upper Body & Core Strength
3. 45 Min Full Body Progressive Weight Training
4. 38 Min Full Body Sculpt + 10 Min Upper Body Opener

WEEK FOUR

1. 43 Min Lower Body Progressive Weight Training
2. 34 Min Full Body Strength
3. 25 Min Full Body Progressive Weight Training
4. 25 Min Upper Body Burn + 35 Min Mat Full Body Sculpt & Stretch

WEEK FIVE

1. 39 Min Lower Body Sculpt
2. 40 Min Full Body Progressive Weight Training
3. 46 Min Full Body Strength
4. 25 Min High Intensity Cardio Circuit & Progressive Weight Training + 10 Min Breath Work & Lower Body Stretch

WEEK SIX

1. 50 Min Full Body Progressive Weight Training & Cardio Circuit
2. 20 Min Pelvic Floor Strengthening + 26 Min Full Body Strength
3. 35 Min Upper Body Progressive Weight Training
4. 30 Min Full Body Strength & Cardio Circuit + 8 Min Mat Full Body Cool Down

WEEK SEVEN

1. 30 Min Full Body Sculpt + 15 Min Core Sculpt
2. 35 Min Full Body Progressive Weight Training & Cardio Circuit
3. 51 Min Full Body Sculpt & Mobility
4. 30 Min Full Body Progressive Weight Training & Cardio Circuit + 10 Min Breathing for Rest

WEEK EIGHT

1. 25 Min Standing Full Body Burn + 25 Min Lower Body Progressive Weight Training
2. 32 Min Full Body Sculpt
3. 30 Min Standing Full Body Progressive Weight Training & Cardio Circuit
4. 48 Min Full Body Sculpt & Stretch

WEEK NINE

1. 35 Min Full Body Cardio Circuit
2. 25 Min Lower Body Progressive Weight Training + 16 Min Mat Core Sculpt
3. 40 Min Full Body Sculpt & Burn
4. 40 Min Full Body Progressive Weight Training

WEEK TEN

1. 45 Min Full Body Sculpt & Burn
2. 25 Min Lower Body Progressive Weight Training
3. 54 Min Full Body Sculpt
4. 28 Min Full Body Progressive Weight Training & Cardio Circuit + 5 Min Mid-Day Breathwork & Meditation

WEEK ELEVEN

1. 33 Min Full Body Progressive Weight Training & Cardio Circuit
2. 25 Min Full Body Strength + 5 Min Relaxation Practice
3. 20 Min Full Body Sculpt & Burn + 20 Min Standing Lower Body Progressive Weight Training
4. 53 Min Full Body Sculpt

WEEK TWELVE

1. 30 Min Full Body Strength & Cardio Circuits
2. 59 Min Full Body Progressive Weight Training
3. 40 Min Full Body Strength & Cardio Circuit
4. 48 Min Full Body Progressive Weight Training