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| --- | --- | --- | --- | --- | --- | --- |
| [[1]](#footnote-1)INTERMEDIATE  ALL-IN-ONE | INTERMEDIATE  INTERVAL | INTERMEDIATE  STANDING | GENTLE  RECOVERY DAY | INTERMEDIATE  INTERVAL | INTERMEDIATE  ALL-IN-ONE | GENTLE + STRENGTH |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1  [Cardio Kickboxing 42 minutes](https://www.youtube.com/watch?v=PdOYcBCaQM0&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=1&t=541s) | 2  [Day 2 Series 2 40 minutes](https://www.youtube.com/watch?v=Tux0BRdCRTc&list=PLsPoR5SimhuVA_12bd5H8ae7-WOXm5I8L&index=2&t=4s) | 3  [Low Impact Walking 40 minutes](https://www.youtube.com/watch?v=AFuxEgu5FnM&list=PLsPoR5SimhuUWOlRDAhgdaDUYPFZW7u7C&index=1&t=7s) | 4  [All-in-One Nice & Easy 30 minutes](https://www.youtube.com/watch?v=DIpw_AE6_bc&list=PLsPoR5SimhuUaXrLFhtCXhIdIjp-a7uCq&index=1&t=1s) | 5  [Fat Loss 40 minutes](https://www.youtube.com/watch?v=Tux0BRdCRTc&list=PLsPoR5SimhuVA_12bd5H8ae7-WOXm5I8L&index=2) | 6  [Strength & Walking/Jogging intervals 38 minutes](https://www.youtube.com/watch?v=0IdfvDkeDEk&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=3) | 7  [Gentle Walk 15 minutes](https://www.youtube.com/watch?v=PEBag4n-Vrc&list=PLsPoR5SimhuW3XHs9PL0CKpJo-jJtlcK2&index=1)  [+ Strength 14 minutes](https://www.youtube.com/watch?v=BLBTU18pAY0&list=PLsPoR5SimhuXlhQFyw_ZGaofBQIwjQF6B&index=1) |
| 8  [All-In-One # 3 39 minutes](https://www.youtube.com/watch?v=cBoQ8UrB5DE&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=3&t=13s) | 9  [Day 5 Series 2 Endurance Walk to Burn Fat 51 minutes](https://www.youtube.com/watch?v=D2SN79e2-9U&list=PLsPoR5SimhuVA_12bd5H8ae7-WOXm5I8L&index=4) | 10  [Wooden Spoons 40 minutes](https://www.youtube.com/watch?v=CHTL3gbI6zM&list=PLsPoR5SimhuUWOlRDAhgdaDUYPFZW7u7C&index=2) | 11  [All-in-One Gentle 33 minutes](https://www.youtube.com/watch?v=UeU_jdHo_e8&list=PLsPoR5SimhuUaXrLFhtCXhIdIjp-a7uCq&index=2) | 12  [Walking w/light weights 26 minutes](https://www.youtube.com/watch?v=1ykipFDmRE4&list=PLsPoR5SimhuVA_12bd5H8ae7-WOXm5I8L&index=5) | 13  [Full body 36 minutes](https://www.youtube.com/watch?v=J7A6O1niqf8&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=4) | 14  [Gentle Beginner 19 minutes](https://www.youtube.com/watch?v=0lvaBH3UGVI&list=PLsPoR5SimhuW3XHs9PL0CKpJo-jJtlcK2&index=2)  [+ Strength 17 minutes](https://www.youtube.com/watch?v=BLBTU18pAY0&list=PLsPoR5SimhuXlhQFyw_ZGaofBQIwjQF6B&index=1) |
| 15  [Low Impact 40 minutes](https://www.youtube.com/watch?v=AFuxEgu5FnM&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=5) | 16  [Day 7 Series 2 21 minutes](https://www.youtube.com/watch?v=ZSGVV-P1Riw&list=PLsPoR5SimhuVA_12bd5H8ae7-WOXm5I8L&index=6) | 17  [Fast Walking with Stretches 32 minutes](https://www.youtube.com/watch?v=cUTmRlKMWxQ&list=PLsPoR5SimhuUWOlRDAhgdaDUYPFZW7u7C&index=3) | 18  [Gentle/Beginner Entire Body 36 minutes](https://www.youtube.com/watch?v=cyDxCvyb__Y&list=PLsPoR5SimhuUaXrLFhtCXhIdIjp-a7uCq&index=3) | 19  [Series 2 Day 1 32 minutes](https://www.youtube.com/watch?v=aKBGE3Is3Xw&list=PLsPoR5SimhuVA_12bd5H8ae7-WOXm5I8L&index=7) | 20  [1950S 31 minutes](https://www.youtube.com/watch?v=cKDx1z4Y3zU&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=6) | 21  [Gentle Walk 15 minutes](https://www.youtube.com/watch?v=PEBag4n-Vrc&list=PLsPoR5SimhuUXgS8uQp8zwYpnEb7-3A4e&index=7&t=4s)  [+ Strength 16 minutes](https://www.youtube.com/watch?v=jh_hJfmIzdc&list=PLsPoR5SimhuXlhQFyw_ZGaofBQIwjQF6B&index=3) |
| 22  [Disco 30 minutes](https://www.youtube.com/watch?v=A2o3MZvQX44&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=7) | 23  [Day 1 Series 3 31 minutes](https://www.youtube.com/watch?v=aKBGE3Is3Xw&list=PLsPoR5SimhuVA_12bd5H8ae7-WOXm5I8L&index=7) | 24  [Interval Walking 32 minutes](https://www.youtube.com/watch?v=7EWpc_X3Kzk&list=PLsPoR5SimhuUWOlRDAhgdaDUYPFZW7u7C&index=4) | 25  [Gentle Full Body Workout 26 minutes](https://www.youtube.com/watch?v=DJtq1Gdf1Z0&list=PLsPoR5SimhuUaXrLFhtCXhIdIjp-a7uCq&index=4) | 26  [Series 3 Day 2 29 minutes](https://www.youtube.com/watch?v=hjpgyI-8r8c&list=PLsPoR5SimhuUcviuAzdWbENHwRybCH4Jr&index=2) | 27  [Full Body 40 minutes](https://www.youtube.com/watch?v=-ciRL3bKfM8&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=9) | 28  [1200 Steps/Low Impact Walk 15 minutes](https://www.youtube.com/watch?v=PFi8YSG08Vc&t=1s)  [+ Strength 21 minutes](https://www.youtube.com/watch?v=0uimBijT5zk&list=PLsPoR5SimhuXlhQFyw_ZGaofBQIwjQF6B&index=11) |
| 29  [All-In-One #10 44 minutes](https://www.youtube.com/watch?v=yZyE7JZf_5k&list=PLsPoR5SimhuVfAhoBva273uWwYmwDKPHY&index=10) | 30  [Day 3 Series 3 36 minutes](https://www.youtube.com/watch?v=sIlTM_cVmfg&list=PLsPoR5SimhuUcviuAzdWbENHwRybCH4Jr&index=3) | 31  [2000 Steps Low Impact Fast Walking 18 minutes](https://www.youtube.com/watch?v=ZvWOzSU1W9Y&list=PLsPoR5SimhuUWOlRDAhgdaDUYPFZW7u7C&index=5) |  |  |  |  |

1. [↑](#footnote-ref-1)