











SHAKE UP YOUR WAKE UP

28-DAY CHALLENGE

Each day on the calendar has a clickable link

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
No Running Cardio Workout 10 Minutes	 Start Drinking Lemon Water	Yoga for Back Pain 10 Minutes	 Try a 300-Calorie Breakfast	Towel Pyramid Workout 10 Minutes	 Shake Up Your Morning Coffee	Abs and Glutes Workout 10 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
 Start Your Gratitude List	Low Impact Barre Cardio Workout 10 Minutes	Total Body Stretch 10 Minutes	 Do a Sun Salutation	Tabata Interval Workout 10 Minutes	Butt and Thigh Workout 10 Minutes	 Clear Your Mind and Meditate
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Tabata Bodyweight Workout 10 Minutes	Upper Body HIIT Workout 10 Minutes	GOLD LIVE Class: Cardio Kickboxing 3 45 Minutes	 Shake Up a New Smoothie	Arms and Abs Workout 10 Minutes	 Stretch Using a Foam Roller	Pilates Yoga Fusion 10 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
 Set Intentions for the Week	Total Body Firm Up 10 Minutes	Vinyasa Flow Yoga Sequence 10 Minutes	 Master Muffin in a Minute Recipe	Pilates Abs Workout 10 Minutes	Butt and Back Workout 10 Minutes	 Tips to Keep You Going!