

CALM and STRONG Plan

Stress Buster	Feel Good	Strength	Calm & Centered	Core Cardio	Restore & Rehab	Play!
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Cardio HIT! [WS3] or Kickboxing Cardio Abs [YT]	Barefoot Fusion Sculpt [WS 1] or Fusion Sculpt [YT]	Strictly Strength [WO:GS] or Straight Up Strength Training [YT]	Flexibility & Relaxation [GYS] or Relax & Restore [YT]	Cardio Flow + Core Stretch [TBB] or Cardio Core Flow + On The Ball: Core Stretch [YT]	Strong Feet & Ankles + Hips & Knees [WO: 5FBM] or Knee Strength Exercises [YT]	<i>Move and have fun!</i>
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Total Body Abs Transformer [CA] or Single Sided Strength [YT]	Dynamic Stretch [TS] or Total Body Stress Relieving Dynamic Stretch [YT]	Metabolic Conditioning [WS3] or Metabolic Conditioning [YT]	Relaxing Flow [YS] or Stretch, Rest & Relax [YT]	Barefoot Cardio Core [WS3] or Cardio Core Fusion Flow [YT]	Gentle Yoga for Back Pain & Prevention [DVD] or Yoga for Back Pain [YT]	<i>Move and have fun!</i>
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Have a Ball [WS:BF] or Cardio Ball Blast [YT]	Tone & Flow [WS3] or Yoga Sculpt [YT]	Tred and Shred [WO:21] or Stepping Strength [YT]	Yoga for Strength & Flexibility [YFF] or Yoga Stretch [YT]	Core Control [WS:BB] or Standing Pilates Fusion Abs [YT]	Prehab Routine [WS1] or The Better Posture Workout [YT]	<i>Move and have fun!</i>
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Cardio Interval Sculpt [WS3] or Cardio Sculpt [YT]	Flow Cardio [FGF] or Feel Good Fusion [YT]	Total Body Training [WS1] or Total Body Strength Training [YT]	Pilates + Yoga [WS3] or The Rise & Shine Workout [YT]	Cardio Ballet + Floor Barre [BF] or Cardio Ball Ballet [YT]	Flow 1-3 [GY] or Breathe, Stretch & Relax [YT]	<i>Move and have fun!</i>