

# 21 DAY WORKOUT CALENDAR

Stay Active With 20 Minutes Of Full Body Workout Daily.

Each day will start with a dynamic stretch routine followed by muscle toning workout.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/> <b>10 Min</b> Full Body Stretch	<input type="checkbox"/> <b>10 Min</b> Back Pain	<input type="checkbox"/> <b>10 Min</b> Tight Hips	<input type="checkbox"/> <b>10 Min</b> Shoulder Stretch	<input type="checkbox"/> <b>10 Min</b> Core and Balance	<input type="checkbox"/> <b>10 Min</b> Coordination	<input type="checkbox"/> <b>10 Min</b> Scoliosis
<input type="checkbox"/> <b>8 Min</b> Squat Challenge	<input type="checkbox"/> <b>6 Min</b> Lower Abs	<input type="checkbox"/> <b>8 Min</b> Squat Challenge	<input type="checkbox"/> <b>8 Min</b> Arm Workout	<input type="checkbox"/> <b>10 Min</b> Plank Challenge	<input type="checkbox"/> <b>15 Min</b> Legs Workout	<input type="checkbox"/> <b>10 Min</b> Back Workout
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/> <b>10 Min</b> Strong Back	<input type="checkbox"/> <b>9 Min</b> 5 Steps to Split	<input type="checkbox"/> <b>10 Min</b> Back Pain	<input type="checkbox"/> <b>10 Min</b> Tight Hips	<input type="checkbox"/> <b>10 Min</b> Shoulder Stretch	<input type="checkbox"/> <b>10 Min</b> Core and Balance	<input type="checkbox"/> <b>10 Min</b> Coordination
<input type="checkbox"/> <b>15 Min</b> Bum Workout	<input type="checkbox"/> <b>8 Min</b> Squat Challenge	<input type="checkbox"/> <b>10 Min</b> Plank Challenge	<input type="checkbox"/> <b>10 Min</b> Standing Core	<input type="checkbox"/> <b>10 Min</b> Lean Legs	<input type="checkbox"/> <b>10 Min</b> Abs and Core	<input type="checkbox"/> <b>10 Min</b> Plank Challenge
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<input type="checkbox"/> <b>10 Min</b> Scoliosis	<input type="checkbox"/> <b>10 Min</b> Strong Back	<input type="checkbox"/> <b>10 Min</b> Full Body Stretch	<input type="checkbox"/> <b>10 Min</b> Back Pain	<input type="checkbox"/> <b>10 Min</b> Tight Hips	<input type="checkbox"/> <b>10 Min</b> Shoulder Stretch	<input type="checkbox"/> <b>10 Min</b> Core and Balance
<input type="checkbox"/> <b>10 Min</b> Back Workout	<input type="checkbox"/> <b>10 Min</b> Abs Workout	<input type="checkbox"/> <b>8 Min</b> Arm Workout	<input type="checkbox"/> <b>10 Min</b> Cardio Pilates	<input type="checkbox"/> <b>15 Min</b> Legs Workout	<input type="checkbox"/> <b>10 Min</b> Plank Challenge	<input type="checkbox"/> <b>8 Min</b> Squat Challenge