



### START: 8 WEEK PROGRAM CALENDAR

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	<b>START: Low Impact Cardio Workout 1</b>	<b>START: Total Body Strength Training 1</b>	Rest	<b>START: Low Impact Cardio Workout 2</b>	<b>START: Total Body Strength Training 1</b>	<b>Optional: START Low Impact Cardio Workout 3</b>	Rest
Week 2	<b>START: Low Impact Cardio Workout 2</b>	<b>START: Total Body Strength Training Workout 2</b>	Rest	<b>START: Low Impact Cardio Workout 3</b>	<b>START: Total Body Strength Training 2</b>	<b>Optional: START Low Impact Cardio Workout 1</b>	Rest
Week 3	<b>START: Low Impact Cardio Workout 4</b>	<b>START: Total Strength Training Workout 3</b>	Rest	<b>START: Low Impact Cardio Workout 2</b>	<b>START: Total Body Strength Training Workout 3</b>	<b>Optional: START Low Impact Cardio Workout 5</b>	Rest

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 4	START: Low Impact Cardio Workout 6	START: Total Strength Training Workout 4	Rest	START: Low Impact Cardio Workout 5	START: Total Body Strength Training Workout 4	Optional: START Low Impact Cardio 4	Rest
Week 5	START: Low Impact Cardio 7	START: Total Body Strength 2	Rest	START: Low Impact Cardio Workout 3	START: Total Body Strength Training Workout 3	START: Low Impact Cardio Workout 6	Rest
Week 6	START: Low Impact Cardio Workout 2	START: Upper Body	Rest	Optional: START Low Impact Cardio 4	START: Lower Body	START: Low Impact Cardio 7	Rest
Week 7	START: Low Impact Cardio Workout 1	START: Upper Body	Rest	Rest	START: Lower Body	START: Low Impact Cardio Workout 5	Rest
Week 8	Total Body Circuit	START: Low Impact Cardio Workout 1	Rest	START: Low Impact Cardio 7	Rest	Total Body Circuit	Rest