

THE JUMPSUIT WAY JUMPSTART PROGRAM WORKOUT CALENDAR

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
TOTAL BODY CARDIO & STRENGTH	UPPER BODY	CORE WORK/ ABS	LOWER BODY	YOGA/ ACTIVE RECOVERY	HIIT	REST
TOTAL BODY CARDIO & STRENGTH	UPPER BODY	CORE WORK/ ABS	LOWER BODY	YOGA/ ACTIVE RECOVERY	HIIT	REST
TOTAL BODY CARDIO & STRENGTH	UPPER BODY	CORE WORK/ ABS	LOWER BODY	YOGA/ ACTIVE RECOVERY	HIIT	REST
TOTAL BODY CARDIO & STRENGTH	UPPER BODY	CORE WORK/ ABS	LOWER BODY	YOGA/ ACTIVE RECOVERY	HIIT	REST
TOTAL BODY CARDIO & STRENGTH	UPPER BODY	CORE WORK/ ABS	LOWER BODY	YOGA/ ACTIVE RECOVERY	HIIT	REST
TOTAL BODY CARDIO & STRENGTH	UPPER BODY	CORE WORK/ ABS	LOWER BODY	YOGA/ ACTIVE RECOVERY	HIIT	REST
TOTAL BODY CARDIO & STRENGTH	UPPER BODY	CORE WORK/ ABS	LOWER BODY	YOGA/ ACTIVE RECOVERY	HIIT	REST
TOTAL BODY CARDIO & STRENGTH	UPPER BODY	CORE WORK/ ABS	LOWER BODY	YOGA/ ACTIVE RECOVERY	HIIT	REST

***Starting Week 4: Please choose one of these options in addition to your scheduled workouts.**

- **OPTION 1: 30 mins** Elliptical/ 3 days a week
- **OPTION 2: 45 mins** Treadmill/ 2 days a week
- **OPTION 3: 30 mins** Stair climber/ 2 days a week
- **OPTION 4: 30 mins** Walk/ 3 days a week (aim to hit 5000 steps/daily)