

WORKOUT CALENDAR

STRONG
BY ZUMBA®

STRONG30

#STRONGER4ALS
30-DAY CHALLENGE

MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GET READY!	SBZ CLASS	CONDITIONING FLEXIBILITY	SBZ CLASS	CONDITIONING CARDIO	SBZ CLASS	CONDITIONING FLEXIBILITY BONUS WEEK 1: ARMS, CHEST & BACK
RECOVERY	SBZ CLASS	CONDITIONING FLEXIBILITY	SBZ CLASS	CONDITIONING CARDIO	SBZ CLASS	CONDITIONING CARDIO BONUS WEEK 2: LEGS
RECOVERY	SBZ CLASS	CONDITIONING FLEXIBILITY	SBZ CLASS	CONDITIONING CARDIO	SBZ CLASS	CONDITIONING FLEXIBILITY BONUS WEEK 3: GLUTES
RECOVERY	SBZ CLASS	CONDITIONING FLEXIBILITY	SBZ CLASS	CONDITIONING CARDIO	SBZ CLASS	CONDITIONING CARDIO BONUS WEEK 4: ABS & CORE

CONDITIONING: Sculpt class, weight room training, Aqua class, Yoga **FLEXIBILITY:** Stretch class, Tai Chi **CARDIO:** Cycle/Spin Classes, Zumba Class, Running, Walking, Aqua Class

STRETCH: **WARM UP:** Be sure that you are adequately warmed up to begin your workout. **COOL DOWN:** To enhance flexibility be sure to stretch for 10-15 minutes after each workout.