

Get Started Plan

30 days to a stronger you.



<input checked="" type="checkbox"/> EXAMPLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CARDIO 20 min DAY 1	CARDIO 20 min DAY 1	STRENGTH 20 min DAY 2	CORE + FLEXIBILITY 20 min DAY 3
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CARDIO 20 min DAY 4	STRENGTH 20 min DAY 5	ACTIVE REST DAY 6	CARDIO 20 min DAY 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRENGTH 20 min DAY 8	CORE + FLEXIBILITY 20 min DAY 9	CARDIO 20 min DAY 10	STRENGTH 20 min DAY 11
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ACTIVE REST DAY 12	CARDIO 25 min DAY 13	STRENGTH 25 min DAY 14	CORE + FLEXIBILITY 25 min DAY 15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CARDIO 25 min DAY 16	STRENGTH 25 min DAY 17	ACTIVE REST DAY 18	CARDIO 25 min DAY 19
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRENGTH 25 min DAY 20	CORE + FLEXIBILITY 25 min DAY 21	CARDIO 25 min DAY 22	STRENGTH 25 min DAY 23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ACTIVE REST DAY 24	CARDIO 30 min DAY 25	CARDIO 30 min DAY 26	CORE + FLEXIBILITY 30 min DAY 27
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CARDIO 30 min DAY 28	STRENGTH 30 min DAY 29	ACTIVE REST DAY 30	GREAT WORK! 

*Suggested times are minimums. Work your way up to the recommended US guidelines. Find example workouts on [Anytime Fitness's blog](#).