

# OPTIMAL MIX AMPLIFY

The Optimal Mix Amplify Workout Plan is designed to give you the ideal mix of cardio, strength and mind-body workouts to improve your heart health, enhance lean muscle development, and maintain functional wellness. Each week you will complete 3-4.5 hours of exercise. If you don't have equipment, choose the alternative non-equipment workout. This Workout Plan includes 3-months of workouts – you can choose to complete the full plan, or complete one month at a time.

Workouts a week: 6

Intensity: 

You'll need:



Alternative non-equipment workouts are noted

1	DAY 01 - CARDIO <b>RPM #70</b>	DAY 02 - HIIT <b>GRIT PLYO #20</b>	DAY 03 - STRENGTH <b>BODYPUMP #93</b>	DAY 04 - CARDIO <b>THE TRIP #10</b>	DAY 05	DAY 06 - STRENGTH <b>CXWORX #28</b>	DAY 07 - CARDIO <b>BODYATTACK #92</b>
	OR BODYATTACK #94  🕒 45-55 min <input type="radio"/>	OR GRIT CARDIO #20  🕒 30 min <input type="radio"/>	OR CXWORX #22  🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #71  🕒 40-45 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYBALANCE #80 Strength  🕒 30-40 min <input type="radio"/>	  🕒 55 min <input type="radio"/>
2	DAY 08 - CARDIO <b>RPM #77</b>	DAY 09 - STRENGTH <b>BODYPUMP #100</b>	DAY 10 - CARDIO <b>BODYSTEP #106</b>	DAY 11 - FLEXIBILITY <b>BODYBALANCE #74</b>	DAY 12	DAY 13 - COMBO <b>HYBRID WORKOUT #03</b>	DAY 14 - HIIT <b>GRIT STRENGTH #18</b>
	OR BODYCOMBAT #69  🕒 45-55 min <input type="radio"/>	OR CXWORX #21  🕒 30-45 min <input type="radio"/>	OR BODYATTACK #91  🕒 55 min <input type="radio"/>	  🕒 55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	  🕒 45 min <input type="radio"/>	OR GRIT CARDIO #18  🕒 30 min <input type="radio"/>
3	DAY 15 - CARDIO <b>BODYSTEP #109</b>	DAY 16 - MIND & BODY <b>BODYBALANCE DEEP STRETCH #03</b>	DAY 17 - CARDIO <b>BODYCOMBAT #67</b>	DAY 18 - HIIT <b>SPRINT #12</b>	DAY 19	DAY 20 - STRENGTH <b>BODYPUMP #101</b>	DAY 21 - CARDIO <b>RPM #72</b>
	OR BODYATTACK #90  🕒 55 min <input type="radio"/>	  🕒 15 min <input type="radio"/>	  🕒 55 min <input type="radio"/>	OR GRIT CARDIO #22  🕒 30 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR LES MILLS BARRE #03  🕒 45-55 min <input type="radio"/>	OR SH'BAM #33  🕒 45-55 min <input type="radio"/>
4	DAY 22 - HIIT <b>GRIT STRENGTH #16</b>	DAY 23 - CARDIO <b>BODYSTEP #107</b>	DAY 24 - HIIT <b>SPRINT #10</b>	DAY 25 - STRENGTH <b>BODYPUMP #99 30 MIN</b>	DAY 26	DAY 27 - CARDIO <b>THE TRIP #12</b>	DAY 28 - FLEXIBILITY <b>BODYBALANCE #72</b>
	OR GRIT CARDIO #16  🕒 30 min <input type="radio"/>	OR BODYCOMBAT #65  🕒 55 min <input type="radio"/>	OR GRIT CARDIO #LIKE NINA  🕒 30 min <input type="radio"/>	OR CXWORX #26  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYATTACK #102  🕒 40-45 min <input type="radio"/>	  🕒 40 min <input type="radio"/>

Mark to complete:

## SET GOALS & SMASH THEM!

Whatever your goal is, note it down and push yourself to achieve it!

e.g. Workout 5 times a week

e.g. 20 push-ups on my toes

e.g. Try to stay away from caffeine close to bedtime

*You've got this!*