The Optimal Mix Prime 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 1.5-2 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: 3

### Intensity: 111

### You’ll need:

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Barbell</th>
<th>Stationary Bike</th>
<th>Resistance Band</th>
<th>Weight Plates</th>
<th>Mat</th>
<th>Trap / Bench</th>
</tr>
</thead>
</table>

Non-equipment alternatives are noted.

### DAY 01 - CARDIO

**BODYPUMP #114**

You can choose to use this as a rest day or another activity.

### DAY 02

**OR BODYATTACK #101**

30 min

### DAY 03

**OR BODYCOMBAT #78**

30 min

### DAY 04 - CARDIO

**RPM #80**

You can choose to use this as a rest day or another activity.

### DAY 05

**OR BODYATTACK #103**

30 min

### DAY 06 - STRENGTH

**BODYPUMP #108**

You can choose to use this as a rest day or another activity.

### DAY 07

**OR BODYBALANCE #83 Strength**

30-40 min

### DAY 08 - CARDIO

**SH’BAM #34**

30 min

### DAY 09

**OR BODYCOMBAT #76**

30 min

### DAY 10 - CARDIO

**BODYPUMP #112**

30 min

### DAY 11

**OR BODYATTACK #105 Short**

30 min

### DAY 12

**OR CXWORX #33**

30 min

### DAY 13 - STRENGTH

**BODYPUMP #106**

You can choose to use this as a rest day or another activity.

### DAY 14

**MIND & BODY**

**MINDFULNESS OF BREATHING**

15 min

### DAY 15

**THE TRIP #06**

You can choose to use this as a rest day or another activity.

### DAY 16 - CARDIO

**BODYPUMP #104**

30-40 min

### DAY 17 - STRENGTH

**BODYPUMP #105 SHORT**

You can choose to use this as a rest day or another activity.

### DAY 18 - CARDIO

**BODYBALANCE #78 Short**

20 min

### DAY 19

**MIND & BODY**

**BOXING THOUGHTS**

15 min

### DAY 20

**THE TRIP #13**

30-40 min

### DAY 21

**OR BODYATTACK #99**

45 min

### DAY 22 - CARDIO

**RPM #81**

30-40 min

### DAY 23

**OR CXWORX #31**

30 min

### DAY 24 - CARDIO

**BODYPUMP #102**

You can choose to use this as a rest day or another activity.

### DAY 25 - STRENGTH

**OR BODYCOMBAT #60**

30 min

### DAY 26

**OR LES MILLS BARRE #04**

30 min

### DAY 27

**OR BODYATTACK #97**

45 min

### DAY 28

**MIND & BODY**

**BOXING THOUGHTS**

15 min

---

**SET GOALS & SMASH THEM!**

**e.g.** Workout 2 times a week

**e.g.** 5 minutes of mindfulness each day

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

---

**Mark to complete:**

---

*You’ve got this!*
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<table>
<thead>
<tr>
<th>DAY 01 - CARDIO</th>
<th>DAY 02</th>
<th>DAY 03 - CARDIO</th>
<th>DAY 04</th>
<th>DAY 05</th>
<th>DAY 06 - STRENGTH</th>
<th>DAY 07</th>
</tr>
</thead>
<tbody>
<tr>
<td>BODYSTEP #108</td>
<td>OR</td>
<td>RPM #79</td>
<td>OR</td>
<td>OR</td>
<td>BODYPUMP #98</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>BODYATTACK #95</td>
<td></td>
<td>BODYCOMBAT #72</td>
<td></td>
<td>BODYBALANCE #81 Strength</td>
<td></td>
</tr>
<tr>
<td>30 min</td>
<td>45 min</td>
<td>30 min</td>
<td>30 min</td>
<td>30-40 min</td>
<td>You can choose to use this as a rest day or another activity.</td>
<td>You can choose to use this as a rest day or another activity.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 08 - CARDIO</th>
<th>THE TRIP #16</th>
</tr>
</thead>
<tbody>
<tr>
<td>OR BODYCOMBAT #70</td>
<td>OR BODYATTACK #93</td>
</tr>
<tr>
<td>30-40 min</td>
<td>30 min</td>
</tr>
</tbody>
</table>

| DAY 15 |
|-----------------|---------------|
| DAY 16 - CARDIO | RPM #75       |
| OR BODYCOMBAT #77 | OR CXWORX #32 |
| 45 min          | 30 min        |

<table>
<thead>
<tr>
<th>DAY 17 - STRENGTH</th>
<th>BODYPUMP #107</th>
</tr>
</thead>
<tbody>
<tr>
<td>OR BODYCOMBAT #77</td>
<td>OR BODYATTACK #93</td>
</tr>
<tr>
<td>30 min</td>
<td>30 min</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 22 - STRENGTH</th>
<th>BODYPUMP #105</th>
</tr>
</thead>
<tbody>
<tr>
<td>OR BODYBALANCE #82 Strength</td>
<td>OR BODYATTACK #96</td>
</tr>
<tr>
<td>30-40 min</td>
<td>30 min</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 23 - CARDIO</th>
<th>BODYCOMBAT #75</th>
</tr>
</thead>
<tbody>
<tr>
<td>OR BODYATTACK #96</td>
<td>OR BODYCOMBAT #73</td>
</tr>
<tr>
<td>30 min</td>
<td>30 min</td>
</tr>
</tbody>
</table>

| DAY 24 |
|-----------------|---------------|
| DAY 25 |
| OR BODYATTACK #98 | OR BODYCOMBAT #73 |
| 30-40 min       | 30 min        |

<table>
<thead>
<tr>
<th>DAY 27 - CARDIO</th>
<th>BODYSTEP #111</th>
</tr>
</thead>
<tbody>
<tr>
<td>OR BODYATTACK #73</td>
<td>OR BODYATTACK #96</td>
</tr>
<tr>
<td>30 min</td>
<td>30 min</td>
</tr>
</tbody>
</table>

| DAY 28 |
|-----------------|---------------|
| DAY 29 |
| OR BODYATTACK #98 | OR BODYATTACK #96 |
| 30 min          | 30 min        |

### Workouts a week: 3

### Intensity: 111

### You’ll need:

- Barbell
- Stationary Bike
- Resistance Band
- Weight Plates
- Mat
- Step / Bench

Non-equipment alternatives are noted.

### Set Goals & Smash Them!

- e.g. Workout 2 times a week
- e.g. 5 minutes of mindfulness each day
- e.g. Try to stay away from caffeine close to bedtime

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<table>
<thead>
<tr>
<th>Week</th>
<th>Cardio</th>
<th>Strength</th>
<th>Mind &amp; Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>RPM #67 SHORT</td>
<td>THE TRIP #10</td>
<td>BODYBALANCE #73 short</td>
</tr>
<tr>
<td>2</td>
<td>RPM #77</td>
<td>CXWORX #28</td>
<td>BODYCOMBAT #69</td>
</tr>
<tr>
<td>3</td>
<td>BODYPUMP #99</td>
<td>BODYCOMBAT #67</td>
<td>BODYATTACK #90</td>
</tr>
<tr>
<td>4</td>
<td>RPM #72</td>
<td>LES MILLS BARRE #03</td>
<td>MIND &amp; BODY</td>
</tr>
</tbody>
</table>

**Set Goals & Smash Them!**

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

- e.g. Workout 2 times a week
- e.g. 5 minutes of mindfulness each day
- e.g. Try to stay away from caffeine close to bedtime

**Mark to complete:**

Non-equipment alternatives are noted.