Workout plan designed by Dr Jinger Gottschall

BURN – PRIME

EQUIPMENT
The Burn Prime Workout Plan drives maximum calorie burn with lots of heart pumping cardio, while also keeping your joints healthy and core strong with strength workouts. Each week you will complete 2-3 hours of exercise. If you don’t have equipment, simply select the non-equipment option on the website or app. This Workout Plan includes three months of workouts – you can choose to complete the full plan, or complete one month at a time.

### Workouts a week: 3  
**Intensity:** 🏋️‍♂️

<table>
<thead>
<tr>
<th>You’ll need:</th>
<th>Barbell</th>
<th>Stationary Bike</th>
<th>Resistance Band</th>
<th>Weight Plates</th>
<th>Step / Bench</th>
</tr>
</thead>
</table>

### SET GOALS & SMASH THEM!

- e.g. Work out 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: 📝

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Duration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>DAY 01</td>
<td>CARDIO</td>
<td>55 min</td>
</tr>
<tr>
<td>2</td>
<td>DAY 08</td>
<td>STRENGTH</td>
<td>55 min</td>
</tr>
<tr>
<td>3</td>
<td>DAY 15</td>
<td>HYBRID WORKOUT</td>
<td>45 min</td>
</tr>
<tr>
<td>4</td>
<td>DAY 22</td>
<td>CARDIO</td>
<td>45 min</td>
</tr>
</tbody>
</table>

**Note:** You can choose to use this as a rest day or do another activity. You can choose to use this as a rest day or do another activity. You can choose to use this as a rest day or do another activity. You can choose to use this as a rest day or do another activity. You can choose to use this as a rest day or do another activity. You can choose to use this as a rest day or do another activity.
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**Intensity:**  
**You’ll need:**  
- Barbell  
- Stationary Bike  
- Resistance Band  
- Weight Plates  
- Step / Bench

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<tr>
<th>DAY</th>
<th>Activity</th>
<th>Equipment</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>DAY 01</td>
<td></td>
<td></td>
</tr>
<tr>
<td>02</td>
<td>DAY 02</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 03   | DAY 03 – CARDIO  
RPM #76 |           | 45 min |
| 04   | DAY 04   |           |      |
| 05   | DAY 05   |           |      |
| 06   | DAY 06 – HIIT  
LES MILLS GRIT #26 PLYO |           | 30 min |
| 07   | DAY 07 – CARDIO  
BODYSTEP #119 |           | 55 min |
| 08   | DAY 08   |           |      |
| 09   | DAY 09 – CARDIO  
RPM #85 |           | 45 min |
| 10   | DAY 10 – STRENGTH  
BODYPUMP #111 |           | 55 min |
| 11   | DAY 11   |           |      |
| 12   | DAY 12   |           |      |
| 13   | DAY 13 – CARDIO  
BODYSTEP #108 |           | 55 min |
| 14   | DAY 14   |           |      |
| 15   | DAY 15 – CARDIO  
THE TRIP #19 |           | 40 min |
| 16   | DAY 16   |           |      |
| 17   | DAY 17 – FLEXIBILITY  
BODYBALANCE/ BODYFLOW #87 |           | 35 min |
| 18   | DAY 18 – CARDIO  
RPM #74 |           | 45 min |
| 19   | DAY 19   |           |      |
| 20   | DAY 20   |           |      |
| 21   | DAY 21   |           |      |
| 22   | DAY 22   |           |      |
| 23   | DAY 23 – CARDIO  
RPM #84 |           | 45 min |
| 24   | DAY 24   |           |      |
| 25   | DAY 25   |           |      |
| 26   | DAY 26   |           |      |
| 27   | DAY 27 – CARDIO  
BODYSTEP #104 |           | 55 min |
| 28   | DAY 28 – CARDIO  
THE TRIP #06 |           | 40 min |

**SET GOALS & SMASH THEM!**

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

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

Mark to complete: ✅

You’ve got this! ✨
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**9**  
DAY 01 – CARDIO  
BODYPUMP #118  
55 min

DAY 02 – HIIT  
LES MILLS GRIT #30 ATHLETIC  
30 min

DAY 03  
You can choose to use this as a rest day or do another activity.

DAY 04 – CARDIO  
THE TRIP #13  
40 min

DAY 05  
You can choose to use this as a rest day or do another activity.

DAY 06  
You can choose to use this as a rest day or do another activity.

DAY 07  
You can choose to use this as a rest day or do another activity.

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**10**  
DAY 08 – CARDIO  
RPM #69  
45 min

DAY 09  
You can choose to use this as a rest day or do another activity.

DAY 10 – CARDIO  
BODYPUMP #103  
55 min

DAY 11 – HYBRID WORKOUT  
HEART HEALTH #03  
55 min

DAY 12  
You can choose to use this as a rest day or do another activity.

DAY 13  
You can choose to use this as a rest day or do another activity.

DAY 14  
You can choose to use this as a rest day or do another activity.

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**11**  
DAY 15  
You can choose to use this as a rest day or do another activity.

DAY 16 – FLEXIBILITY  
BODYBALANCE/ BODYFLOW #88  
35 min

DAY 17 – CARDIO  
BODYPUMP #116  
55 min

DAY 18  
You can choose to use this as a rest day or do another activity.

DAY 19  
You can choose to use this as a rest day or do another activity.

DAY 20  
You can choose to use this as a rest day or do another activity.

DAY 21 – CARDIO  
RPM #72  
45 min

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**12**  
DAY 22  
You can choose to use this as a rest day or do another activity.

DAY 23 – CARDIO  
THE TRIP #20  
40 min

DAY 24  
You can choose to use this as a rest day or do another activity.

DAY 25  
You can choose to use this as a rest day or do another activity.

DAY 26  
You can choose to use this as a rest day or do another activity.

DAY 27 – STRENGTH  
BODYPUMP #112  
55 min

DAY 28 – CARDIO  
BODYPUMP #100  
55 min

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