

COUNTRY HEAT™ 30-DAY CALENDAR

EACH 30-MINUTE WORKOUT IS SPECIFICALLY DESIGNED TO REV UP YOUR HEART RATE, TORCH FAT, AND HELP YOU GET LEAN, STRONG, AND HOT!

AND FOR MAXIMUM RESULTS, ADD THE DANCE CONDITIONING WORKOUT STARTING ON WEEK 2 TO HELP SCULPT SEXY ARMS, FLATTEN YOUR ABS, AND TIGHTEN YOUR LOWER BODY WITHOUT WEIGHTS OR EQUIPMENT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
COUNTRY SWING	COUNTRY SWING	GIDDY UP	GIDDY UP	COUNTRY SWING	GIDDY UP	REST DAY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DOWN AND DIRTY	DOWN AND DIRTY + DANCE CONDITIONING	BRING THE HEAT	BRING THE HEAT	DOWN AND DIRTY	BRING THE HEAT + DANCE CONDITIONING	REST DAY
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
TRAIL RIDE	TRAIL RIDE + DANCE CONDITIONING	COUNTRY SWING	GIDDY UP	TRAIL RIDE	DOWN AND DIRTY + DANCE CONDITIONING	REST DAY
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BRING THE HEAT	COUNTRY SWING + DANCE CONDITIONING	GIDDY UP	DOWN AND DIRTY	BRING THE HEAT	TRAIL RIDE + DANCE CONDITIONING	REST DAY
DAY 29	DAY 30					
TRAIL RIDE	PICK YOUR FAVORITE DANCE + DANCE CONDITIONING	<p>FOR AN EXTRA CHALLENGE, ADD A BONUS LINE DANCE (INCLUDED ON YOUR DVDS) AFTER YOUR WORKOUT.</p> <p>WANT TO EXPERIENCE COUNTRY HEAT IN A LIVE CLASS SETTING? GO TO COUNTRYHEATLIVE.COM TO FIND A CLASS NEAR YOU!</p>				