

# SCULPT

## INTERMEDIATE

### 30-DAY PROGRESS CALENDAR

1  
LOWER  
BODY +  
CARDIO

2  
ZONE 2  
CARDIO  
+ MOBILITY

3  
UPPER  
BODY +  
CARDIO

4  
ZONE 2  
CARDIO  
+ MOBILITY

5  
LOWER  
BODY

6  
ACTIVE  
REST

7  
ACTIVE  
REST

8  
LOWER  
BODY +  
CARDIO

9  
ZONE 2  
CARDIO  
+ MOBILITY

10  
UPPER  
BODY +  
CARDIO

11  
ZONE 2  
CARDIO  
+ MOBILITY

12  
LOWER  
BODY

13  
ACTIVE  
REST

14  
ACTIVE  
REST

15  
LOWER  
BODY +  
CARDIO

16  
ZONE 2  
CARDIO  
+ MOBILITY

17  
UPPER  
BODY +  
CARDIO

18  
ZONE 2  
CARDIO  
+ MOBILITY

19  
LOWER  
BODY

20  
ACTIVE  
REST

21  
ACTIVE  
REST

22  
LOWER  
BODY +  
CARDIO

23  
ZONE 2  
CARDIO  
+ MOBILITY

24  
UPPER  
BODY +  
CARDIO

25  
ZONE 2  
CARDIO  
+ MOBILITY

26  
LOWER  
BODY

27  
ACTIVE  
REST

28  
ACTIVE  
REST

**Days 29 + 30:**  
**Choose your favorite**  
**workout from the program!**

29  
FREESTYLE

30  
FREESTYLE

**Don't forget to take progress photos!**  
**You can submit before and after photos**  
**at <https://www.tru.training/submit-a-progress-photo/>**