

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Walk 30 min. Stretch	Stretch Upper Body Weights (1 Set of Each)	Walk 3 min. then Run 1 min. for a total of 20 min. Core Workout (1 Set of Each)	Stretch Lower Body Weights (1 Set of Each)	Walk 3 min. then Run 1 min. for a total of 30 min.	Choice 45 min. workout of your choice (walking, running, biking, swimming)	Rest
Walk 3 min. then Run 2 min. for a total of 30 min. Upper Body Weights (2 Sets of Each)	Stretch Lower Body Weights (2 Sets of Each)	Walk 3 min. then Run 2 min. for a total of 35 min. Core Workout	Walk 30 min. Stretch	Walk 2 min. then Run 2 min. for a total of 30 min. Upper Body Weights (2 Sets of Each)	Choice 45 min. workout of your choice (walking, running, biking, swimming)	Rest
Walk 2 min. then Run 2 min. for a total of 35 min. Lower Body Weights Increase Squats to 20 reps per set (3 Sets of Each)	Stretch Lower Body Weights (2 Sets of Each)	Walk 2 min. then Run 3 min. for a total of 35 min. Core Workout (3 Sets of Each)	Walk 40 min. Lower Body Weights (2 Sets of Each)	Jog for 5 min. Run hard for 2 min then walk for 2 min. Repeat your hard run and walk 5 times. Jog slow for 5 min. Total 30 min. Stretch	Choice 50 min. workout of your choice (walking, running, biking, swimming)	Rest
Run 5 min. then Walk for 2 min. Repeat for a total of 35 min. Upper Body Weights (3 Sets of Each)	Stretch Lower Body Weights Increase Squats to 30 reps per set (3 Sets of Each)	Run 5 min. then Walk for 1 min. Repeat for a total of 40 min. Core Workout (3 Sets of Each)	Walk 45 min. Stretch	Warm up for 5 min. Run hard for 2 min, Jog for 4 min. then walk for 1 min. Repeat 4 times. Upper Body Weights (3 Sets of Each)	Choice 50 min. workout of your choice (walking, running, biking, swimming)	Rest