

WALK IT OFF

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Power Walking 1 30 Minutes	Fat Burning Cardio Walking 20 Minutes	Core Connection 30 Minutes	Active Day of Rest	GOLD Power Walking 2 45 Minutes	GOLD Power Pilates 2 30 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD Beginner Interval Walking Workout 2 30 Minutes	5,000 Step Workout 45 Minutes	Active Day of Rest	Tone Every Zone Walking Workout 30 Minutes	One-Mile Power Walk 20 Minutes	Mindful Yoga 30 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Indoor Interval Walking Workout 20 Minutes	Walk, Sweat, Sculpt – Lower Body 30 Minutes	Walk, Sweat, Sculpt – Upper Body 30 Minutes	Active Day of Rest	5,000 Step Workout 45 Minutes	Premium Pilates 1 30 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD Walk & Sculpt 4 45 Minutes	2 Mile Endurance Walk 30 Minutes	Walk and Tone Express 20 Minutes	Walk & Tone to the Max 40 Minutes	Active Day of Rest	Yoga Sculpt 1 45 Minutes	3,000 Step Workout 30 Minutes