

WALK STRONG

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
2,000-Step Walking Workout 30 Minutes	Walk, Sweat, Sculpt - Lower Body 30 Minutes	4,000 Step Walking Workout 30 Minutes	Active Day of Rest	Walk, Sweat, Sculpt - Upper Body 30 Minutes	Feel Good Yoga Flow 1 30 Minutes	Indoor Interval Walking Workout 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Walk Sweat Sculpt Total Body 45 Minutes	3,000-Step Walking Workout 30 Minutes	Core Connection 30 Minutes	Active Day of Rest	Fat Burning Cardio Walking 30 Minutes	5,000-Step Walking Workout 45 Minutes	10-Minute Post-Workout Stretch 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
4,000 Step Walking Workout 30 Minutes	Walk, Sweat, Sculpt - Upper Body 30 Minutes	2,000-Step Walking Workout 30 Minutes	Active Day of Rest	Core Connection 30 Minutes	10-Minute Post-Workout Stretch 30 Minutes	Fat Burning Cardio Walking 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Walk Sweat Sculpt Total Body 45 Minutes	3,000-Step Walking Workout 30 Minutes	Walk, Sweat, Sculpt - Lower Body 30 Minutes	Active Day of Rest	Indoor Interval Walking Workout 30 Minutes	Feel Good Yoga Flow 1 30 Minutes	5,000-Step Walking Workout 45 Minutes