

GET U STARTED

BEGINNERS PROGRAM



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Walk & Tone 1 Mile Power Walk 15 Minutes Move to Lose Upper Body Tone 1 10 Minutes	Power 20 Cardio Kickbox 20 Minutes	Walk & Tone Express 20 Minutes	DAY OFF	Walk & Tone 1 Mile Power Walk 15 Minutes Move to Lose Lower Body Shred 10 Minutes	Definitions Core Blast Pilates 30 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Power 20 Cardio Kickbox 20 minutes Move to Lose Yoga Stretch 1 10 Minutes	Walk & Tone to the Max 40 Minutes	DAY OFF	Walk & Tone 1 Mile Power Walk 15 Minutes Move to Lose Lower Body Shred 10 Minutes	Definitions Core Blast Pilates 30 Minutes	Walk & Tone 1 Mile Power Walk 15 Minutes Move to Lose Upper Body Tone 1 10 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Walk & Tone Endurance Walk 30 Minutes Move to Lose Yoga Stretch 2 10 Minutes	Power 20 Cardio Kickbox 20 minutes Move to Lose Pilates Abs 2 10 Minutes	Walk & Tone to the Max 40 Minutes	DAY OFF	Walk & Tone Endurance Walk 30 Minutes Move to Lose Upper Body Tone 1 10 Minutes	Walk & Tone Express 20 Minutes Move to Lose Yoga Stretch 1 10 Minutes	Definitions Core Blast Pilates 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Walk & Tone Endurance Walk 30 Minutes Move to Lose Lower Body Shred 10 Minutes	Power 20 Cardio Kickbox 20 Minutes Move to Lose Pilates Abs 2 10 Minutes	Walk & Tone to the Max 40 Minutes Move to Lose Yoga Stretch 2 10 Minutes	DAY OFF	Walk & Tone Endurance Walk 30 Minutes Move to Lose Upper Body Tone 1 10 Minutes	Walk & Tone Express 20 Minutes Move to Lose Yoga Stretch 1 10 Minutes	Definitions Core Blast Pilates 30 Minutes