

# Power Walking



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Power Walking: Fat Burning Cardio Walk 20 Minutes	Power Walking: Tone Every Zone 30 Minutes	DAY OFF	Vinyasa Flow Yoga 10 Minutes Pilates Abs 10 Minutes	Power Walking: Core Connection 30 Minutes	30 Minute Lower Body HIIT Series	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD: Beginner GOLD Interval Walking 30 Minutes	GOLD: Walking Shape Up with the Resistance Band 45 Minutes	Power Walking: Fat Burning Cardio Walk 20 Minutes	DAY OFF	Power Walking: Tone Every Zone 30 Minutes	Vinyasa Flow Yoga 10 Minutes Pilates Abs 10 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
GOLD: Walk and Sculpt 2 45 Minutes	Power Walking: Interval Walk 20 Minutes	Power Walking: Core Connection 30 Minutes	DAY OFF	Power Walking: Tone Every Zone 30 Minutes	GOLD: Beginner GOLD Interval Walking 30 Minutes	GOLD: Walking Shape Up with the Resistance Band 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY OFF	Vinyasa Flow Yoga 10 Minutes Pilates Abs 10 Minutes	Power Walking: Interval Walk 20 Minutes	Power Walking: Core Connection 30 Minutes	GOLD: Walk and Sculpt 2 45 Minutes	Power Walking: Fat Burning Cardio Walk 20 Minutes	GOLD: Beginner GOLD Interval Walking 30 Minutes