

Walk & TONE

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ONE MILE POWER WALK 15 Minutes	DAY OFF	TWO MILE ENDURANCE WALK 30 Minutes	DAY OFF	WALK AND TONE EXPRESS 20 Minutes	DAY OFF	TWO MILE ENDURANCE WALK 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
ONE MILE POWER WALK 15 Minutes	DAY OFF	WALK AND TONE EXPRESS 20 Minutes	DAY OFF	TWO MILE ENDURANCE WALK 30 Minutes	DAY OFF	WALK AND TONE TO THE MAX 40 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
ONE MILE POWER WALK 15 Minutes	WALK AND TONE TO THE MAX 40 Minutes	DAY OFF	TWO MILE ENDURANCE WALK 30 Minutes	WALK AND TONE EXPRESS 20 Minutes	DAY OFF	TWO MILE ENDURANCE WALK 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
ONE MILE POWER WALK 15 Minutes	WALK AND TONE TO THE MAX 40 Minutes	TWO MILE ENDURANCE WALK 30 Minutes	DAY OFF	WALK AND TONE EXPRESS 20 Minutes	TWO MILE ENDURANCE WALK 30 Minutes	WALK AND TONE TO THE MAX 40 Minutes