

THE Power Walking PLAN

GET HEALTHY 

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	Power Walking: Interval Walk 20 Minutes	Vinyasa Flow Yoga + Pilates Abs Workout 20 Minutes Total	Power Walking: Core Connection 30 Minutes	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 + Pilates Abs Workout 20 Minutes Total	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 + Pilates Abs Workout 20 Minutes Total	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