

WALK STRONG

WORKOUT CALENDAR

GET HEALTHY U TV

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