

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 2	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 3	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 4	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 5	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 6	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 7	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 8	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 9	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 10	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 11	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
WEEK 12	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off

Make sure to drink plenty of water before your workout. Enjoy a Nutra-Cookie™ after a workout for added protein.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	15 minutes Gentle Pace Walk	15 minutes – Brisk Walk (increase pace slightly)	20 minutes Gentle Pace Walk	Day Off	Day Off	Day Off	Day Off
WEEK 2	20 minutes Gentle Pace Walk	15 minutes – Brisk Walk	20 minutes Gentle Pace Walk	20 minutes – Brisk Walk	Day Off	Day Off	Day Off
WEEK 3	25 minutes Gentle Pace Walk	Day Off	20 minutes Gentle Pace Walk	15 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	Day Off	Day Off	Day Off
WEEK 4	30 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	25 minutes Gentle Pace Walk	15 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	Day Off	Day Off	Day Off
WEEK 5	35 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes – Brisk Walk	Day Off	Day Off
WEEK 6	35 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes – Brisk Walk	Day Off	Day Off
WEEK 7	35 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes – Brisk Walk	Day Off	15 minute Walk Choice of Easy, Brisk or Interval
WEEK 8	35 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes – Brisk Walk	Day Off	Day Off
WEEK 9	35 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes – Brisk Walk	Day Off	15 minute Walk Choice of Easy, Brisk or Interval
WEEK 10	35 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes – Brisk Walk	Day Off	Day Off
WEEK 11	35 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 Minutes – Brisk Walk	Day Off	15 minute Walk Choice of Easy, Brisk or Interval
WEEK 12	35 minutes Gentle Pace Walk	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	20 – 30 minutes Aerobic Activity	25 minutes – Interval Training: Alternate 3 minutes Brisk Walk, 2 minutes Fast Walk	30 minutes – Brisk Walk	Day Off	Day Off