

# ❖ Full Body Workout & Walking Plan ❖

today.com



When the weather disagrees with your fitness plan, walk inside. Every step you take each day counts no matter where you do it!

**Day 1**

☐ Walk

**Day 2**

☐ Lower Body

**Day 3**

☐ Walk

**Day 4**

☐ Upper Body

**Day 5**

☐ Walk

**Day 6**

☐ Core

**Day 7**

☐ Walk



Repeat your word with every inhalation and exhalation to help you stay focused on what you want to achieve.

**Day 8**

☐ Walk

**Day 9**

☐ Lower Body

**Day 10**

☐ Upper Body

**Day 11**

☐ Walk

**Day 12**

☐ Core

**Day 13**

☐ Lower Body

**Day 14**

☐ Walk



Watch yourself in a mirror when you work out so you can see your form. Even though it may feel goofy at first, smile at yourself.

**Day 15**

☐ Walk

**Day 16**

☐ Lower Body  
☐ Upper Body

**Day 17**

☐ Walk

**Day 18**

☐ Lower Body

**Day 19**

☐ Walk

**Day 20**

☐ Upper Body  
☐ Core

**Day 21**

☐ Walk



A quick whole body stretch: Stand up, root your feet into the ground and reach your arms to the sky, stretching as high as you can. Then totally relax. Repeat.

**Day 22**

☐ Walk

**Day 23**

☐ Lower Body  
☐ Upper Body  
☐ Core

**Day 24**

☐ Walk

**Day 25**

☐ Lower Body  
☐ Upper Body  
☐ Core

**Day 26**

☐ Walk

**Day 27**

☐ Cardio

**Day 28**

☐ Walk

**Day 29**

☐ Walk

**Day 30**

☐ Lower Body  
☐ Upper Body  
☐ Core

**Day 31**

☐ Walk

# [Walking Workout Today Open Now](#)

**S Marginson**



## **Walking Workout Today Open Now:**

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**Today's Health** ,1972    *Michigan Living* ,1993    **Good Housekeeping** ,1924    *Walking for Fitness* Lon H. Seiger, James L. Hesson, 1990 Walking for Fitness the first college level walking text is an appealing value priced book basic to beginners that emphasizes safety and personal fitness    *Country Living* ,1994    *American Illustrated Magazine* ,1924    *The Missionary Seer* ,1993    *Motion Picture Story Magazine* ,1922    *Psychology* ,1929    **Opening Exercises of the New Library Building, January 6, 1916** University of Missouri. Library, 1916    **Shape** ,1994    *Physical Exercises for Women and Girls of All Classes* Jessie Grosvenor, 1903    *Forecast* ,1924    **Y's Way to Fitness Walking** June Irene Decker, Georgia Orcutt, Patricia Sammann, 1989    *Walking for Little Children* Robert Sweetgall, Robert Neeves, 1987 Grade level 1 2 3 4 5 6 7 k p e i t    **Super Market Merchandising** ,1963    **Ladies' Home Journal** ,1927    **Health Exercises and Home Gymnastics** Hartvig Nissen, 1899    *American Magazine* ,1925

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