

Full Body Workout & Walking Plan

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



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



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.



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 1

Walk

Day 2

Lower Body

Day 3

Walk

Day 4

Upper Body

Day 5

Walk

Day 6

Core

Day 7

Walk

Day 8

Walk

Day 9

Lower Body

Day 10

Upper Body

Day 11

Walk

Day 12

Core

Day 13

Lower Body

Day 14

Walk

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

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

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Gary M. Armstrong, Philip Kotler

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The Best of Training David Zielinski,1997

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