

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.



Repeat 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



Walking Workout Price Returns

Terrence Thomas, Beth Kirsner

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Kiplinger's Personal Finance Magazine ,1997 An Invitation to Fitness and Wellness Dianne R. Hales,Charlene Zartman,2001 This new book from best selling author Dianne Hales covers Fitness Nutrition Weight Control and some selected Wellness topics It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest and focuses on the key to living more happily and more healthfully personal responsibility

Shape ,1995 Changing Times ,1987 **The Family friend [ed. by R.K. Philp]**. Robert Kemp Philp,1861 **Union Plus**

,1993 **Walk for Life** Deena Balboa,David Balboa,1990 As the fitness walking craze continues to sweep the country the authors reintroduce readers to the most natural form of exercise through a program that grows more enjoyable and desirable every day Illustrated

Journal of the Outdoor Life ,1905 **Get Fit Now and Feel Great Forever** Terrence Thomas,Beth Kirsner,1993 McCall's ,1991 **Walking-- for Health, Fitness and Sport** Bob Carlson,1996 Walking for Health

Fitness and Sport offers comprehensive advice on all aspects of walking guiding both beginners and active fitness walkers toward health and fitness improvement It includes many helpful appendices such as loosening and flexibility exercises and a daily training log

Training for Race Walking Frank McGuire,1962 **Bottom Line, Personal** ,2000 **American Health** ,1990 **Time** Briton Hadden,Henry Robinson Luce,2005

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