

# WORKOUT

*planner*

## MONDAY

LOWER DAY - TRAIN  
QUADS, HAMSTRINGS,  
GLUTES, CALVES

WALK MINIMUM 30MIN

## TUESDAY

UPPER POSTERIOR DAY -  
UPPER BACK, LOWER BACK,  
SIDES OF BACK, REAR  
DELTOIDS/ BACK OF  
SHOULDERS, TRICEPS

WALK MINIMUM 30MIN

## WEDNESDAY

LOWER DAY - TRAIN  
QUADS, HAMSTRINGS,  
GLUTES, CALVES

WALK MINIMUM 30MIN

## THURSDAY

UPPER ANTERIOR DAY -  
PECTORALS - CHEST,  
DELTOIDS - SHOULDERS,  
BICEPS, CORE

WALK MINIMUM 30MIN

## FRIDAY

MOBILITY DAY - YOGA,  
FOAM ROLLING,  
STRETCHING

WALK MINIMUM 30MIN

## SATURDAY

WALK MINIMUM 30 - 60MIN

## SUNDAY

WALK MINIMUM 30 - 60MIN

*Notes*

# WORKOUT

*planner*

MONDAY

WALK MINIMUM 30MIN

TUESDAY

WALK MINIMUM 30MIN

WEDNESDAY

WALK MINIMUM 30MIN

THURSDAY

WALK MINIMUM 30MIN

FRIDAY

WALK MINIMUM 30MIN

SATURDAY

WALK MINIMUM 30 - 60MIN

SUNDAY

WALK MINIMUM 30 - 60MIN

*Notes*

# WORKOUT

*planner*

MONDAY

WALK MINIMUM 30MIN

TUESDAY

WALK MINIMUM 30MIN

WEDNESDAY

WALK MINIMUM 30MIN

THURSDAY

WALK MINIMUM 30MIN

FRIDAY

WALK MINIMUM 30MIN

SATURDAY

WALK MINIMUM 30 - 60MIN

SUNDAY

WALK MINIMUM 30 - 60MIN

*Notes*

# WORKOUT

*planner*

MONDAY

WALK MINIMUM 30MIN

TUESDAY

WALK MINIMUM 30MIN

WEDNESDAY

WALK MINIMUM 30MIN

THURSDAY

WALK MINIMUM 30MIN

FRIDAY

WALK MINIMUM 30MIN

SATURDAY

WALK MINIMUM 30 - 60MIN

SUNDAY

WALK MINIMUM 30 - 60MIN

*Notes*