

# WALKING PLAN

This Routine combines intervals with strength moves to help you drop pounds and tone up.

\* Walk at a **moderate** pace: Talking should be doable but not easy

\*\* Walk at a **brisk** pace: Holding a conversation should be difficult

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	5 min *	5 min *	6 min *	<b>REST</b>	7 min *	<b>REST</b>	7 min *
	5 min **	5 min **	6 min **		7 min **		7 min **
	5 min *	5 min *	6 min *		7 min *		7 min *
	<b>+</b>	<b>+</b>	<b>+</b>		<b>+</b>		<b>+</b>
	15 Jumping Jacks	10 side lunges per leg	15 squats		balance on one leg (10 seconds per side)		10 forward lunges per leg

<b>WEEK 2</b>	MON	TUE	WED	THU	FRI	SAT	SUN
	7 min *	7 min *	7 min *	<b>REST</b>	8 min *	<b>REST</b>	8 min *
	7 min **	7 min **	7 min **		7 min **		7 min **
	7 min *	7 min *	7 min *		7 min *		7 min *
	<b>+</b>	<b>+</b>	<b>+</b>		<b>+</b>		<b>+</b>
10 modified push- ups (knees on ground)	hold a crunch for 10 seconds	15 glute bridges (on back, lift and lower hips)	15 bench dips (bend elbows; lower body down)		15 wall push- ups (lean in; hands on wall)		

Source: Liz Neporent, exercise physiologist and fitness expert, [us.acacia.tv](http://us.acacia.tv)