

# ❖ 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!

**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

**Day 32**

**Day 33**

**Day 34**

**Day 35**

# Walking Workout Today

**R Bogdan**



**Walking Workout Today:**

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