

❖ Full Body Workout & Walking Plan ❖

today.com



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 <input type="checkbox"/> Walk | Day 2 <input type="checkbox"/> Lower Body | Day 3 <input type="checkbox"/> Walk | Day 4 <input type="checkbox"/> Upper Body | Day 5 <input type="checkbox"/> Walk | Day 6 <input type="checkbox"/> Core | Day 7 <input type="checkbox"/> Walk |
|---|---|---|---|---|---|---|



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

| | | | | | | |
|---|---|--|--|--|--|--|
| Day 8 <input type="checkbox"/> Walk | Day 9 <input type="checkbox"/> Lower Body | Day 10 <input type="checkbox"/> Upper Body | Day 11 <input type="checkbox"/> Walk | Day 12 <input type="checkbox"/> Core | Day 13 <input type="checkbox"/> Lower Body | Day 14 <input type="checkbox"/> 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 <input type="checkbox"/> Walk | Day 16 <input type="checkbox"/> Lower Body <input type="checkbox"/> Upper Body | Day 17 <input type="checkbox"/> Walk | Day 18 <input type="checkbox"/> Lower Body | Day 19 <input type="checkbox"/> Walk | Day 20 <input type="checkbox"/> Upper Body <input type="checkbox"/> Core | Day 21 <input type="checkbox"/> 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 <input type="checkbox"/> Walk | Day 23 <input type="checkbox"/> Lower Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core | Day 24 <input type="checkbox"/> Walk | Day 25 <input type="checkbox"/> Lower Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core | Day 26 <input type="checkbox"/> Walk | Day 27 <input type="checkbox"/> Cardio | Day 28 <input type="checkbox"/> Walk |
|--|--|--|--|--|--|--|

| | | | | | | |
|--|--|--|--|--|--|--|
| Day 29 <input type="checkbox"/> Walk | Day 30 <input type="checkbox"/> Lower Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core | Day 31 <input type="checkbox"/> Walk | | | | |
|--|--|--|--|--|--|--|

Walking Workout Today

Jin-Ying Zhang



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