

How to Burn More **Calories** **Walking**



Me.

- Posture
- Weight
- Arm Swing
- Glute Squeeze
- Hills
- Toe Push-Off
- Heart Rate
- Walking Poles
- Abs
- Lift Knees
- Long Strides
- Uneven Terrain

Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING						
5 minutes	7 minutes	9 minutes	10 minutes	12 minutes	15 minutes	18 minutes
NIGHT						
5 minutes	7 minutes	9 minutes	10 minutes	12 minutes	15 minutes	18 minutes

Week 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2 minutes easy + 10 minutes brisk + 2 minutes easy	20 minutes moderate	5 minutes easy + 12 minutes brisk + 5 minutes easy	20 minutes moderate	5 minutes easy + 15 minutes brisk + 5 minutes easy	20 minutes moderate	5 minutes easy + 18 minutes brisk + 5 minutes easy

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