

# ❖ 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!

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| <b>Day 1</b><br><input type="checkbox"/> Walk | <b>Day 2</b><br><input type="checkbox"/> Lower Body | <b>Day 3</b><br><input type="checkbox"/> Walk | <b>Day 4</b><br><input type="checkbox"/> Upper Body | <b>Day 5</b><br><input type="checkbox"/> Walk | <b>Day 6</b><br><input type="checkbox"/> Core | <b>Day 7</b><br><input type="checkbox"/> Walk |
|---|---|---|---|---|---|---|



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

|   |   |  |  |  |  |  |
|---|---|--|--|--|--|--|
| <b>Day 8</b><br><input type="checkbox"/> Walk | <b>Day 9</b><br><input type="checkbox"/> Lower Body | <b>Day 10</b><br><input type="checkbox"/> Upper Body | <b>Day 11</b><br><input type="checkbox"/> Walk | <b>Day 12</b><br><input type="checkbox"/> Core | <b>Day 13</b><br><input type="checkbox"/> Lower Body | <b>Day 14</b><br><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!

|  |   |  |  |  |   |  |
|--|---|--|--|--|---|--|
| <b>Day 15</b><br><input type="checkbox"/> Walk | <b>Day 16</b><br><input type="checkbox"/> Lower Body<br><input type="checkbox"/> Upper Body | <b>Day 17</b><br><input type="checkbox"/> Walk | <b>Day 18</b><br><input type="checkbox"/> Lower Body | <b>Day 19</b><br><input type="checkbox"/> Walk | <b>Day 20</b><br><input type="checkbox"/> Upper Body<br><input type="checkbox"/> Core | <b>Day 21</b><br><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.

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
| <b>Day 22</b><br><input type="checkbox"/> Walk | <b>Day 23</b><br><input type="checkbox"/> Lower Body<br><input type="checkbox"/> Upper Body<br><input type="checkbox"/> Core | <b>Day 24</b><br><input type="checkbox"/> Walk | <b>Day 25</b><br><input type="checkbox"/> Lower Body<br><input type="checkbox"/> Upper Body<br><input type="checkbox"/> Core | <b>Day 26</b><br><input type="checkbox"/> Walk | <b>Day 27</b><br><input type="checkbox"/> Cardio | <b>Day 28</b><br><input type="checkbox"/> Walk |
|--|--|--|--|--|--|--|

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

# Walking Workout Today

**SB Merriam**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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Eventually, you will categorically discover a new experience and achievement by spending more cash. nevertheless when? complete you put up with that you require to acquire those all needs as soon as having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more more or less the globe, experience, some places, in the same way as history, amusement, and a lot more?

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