

❖ 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

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

Walking Workout Today

Maggie Spilner



Walking Workout Today:

Walking Workout Today Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Walking Workout Today**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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