

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

| | | | | | | | |
|---------------|--|---|--|---|--|--|--|
| WEEK 1 | MON Walk 5 minutes | TUES Rest | WED Walk 10 minutes | THUR Rest | FRI Walk 15 minutes | SAT Rest | SUN Walk 5 minutes |
| WEEK 2 | MON Walk 10 minutes | TUES Rest | WED Walk 20 minutes | THUR Recovery | FRI Walk 15 minutes | SAT Rest | SUN Walk 10 minutes |
| WEEK 3 | MON Walk 25 minutes | TUES Rest | WED Walk 10 minutes | THUR Recovery | FRI Walk 25 minutes | SAT Rest | SUN Walk 10 minutes |
| WEEK 4 | MON Rest | TUES Walk 15 minutes | WED Recovery | THUR Walk 15 minutes | FRI Rest | SAT Walk 30 minutes | SUN Rest |

WARM-UP AND RECOVERY EXERCISES:



Standing
Knee Pull



Standing
Quad Pull



Hamstring
Scoop



Runner's
Calf Stretch

Walking Workout This Month Sign In

Marcel A. Müller



Walking Workout This Month Sign In:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Walking Workout This Month Sign In** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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