

28 DAY INDOOR WALKING CHALLENGE

WALK OFF THE POUNDS



	WK 1	WK 2	WK 3	WK 4	
M	SET 1	SET 1	SET 2	SET 1 With Weights	SET 1 2 min brisk walk 1 min side step 2 min march 1 min forward & kick REPEAT 3 TIMES Finish with 2 min brisk walk
T	SET 1	SET 2	SET 3	SET 2 With Weights	
W	SET 1	SET 3	SET 2	SET 3 With Weights	SET 2 2 min brisk walk 2 min side step 3 min march 2 min forward & kick REPEAT 2 TIMES Finish with 2 min brisk walk
Th	SET 2	SET 1	SET 3	SET 1 With Weights	
F	SET 1	SET 2	SET 1	SET 2 With Weights	SET 3 2 min brisk walk 1 min side step 2 min march 1 min forward & kick REPEAT 4 TIMES Finish with 2 min brisk walk
Sa	SET 1	SET 3	SET 2	SET 3 With Weights	
Su	SET 2	SET 1	SET 3	SET 1 With Weights	

- START EACH SESSION WITH A WARM UP
- WALK AT A PACE YOU CAN MAINTAIN
- WEEK 4 USE SMALL HAND WEIGHTS SUCH AS DUMBBELLS
- TAKE A REST DAY IF NEEDED