

Weekly Workout

MONDAY

Full body + walk 10,000 steps

Notes:

TUESDAY

Cardio + walk 10,000 steps
(e.g. rowing machine, stair climber, dance, boxing)

Notes:

WEDNESDAY

Full body + walk 10,000 steps

Notes:

THURSDAY

Cardio + walk 10,000 steps

Notes:

FRIDAY

Cardio + walk 10,000 steps

Notes:

SATURDAY

Cardio + walk 10,000 steps

Notes:

SUNDAY

Active recovery
(keep moving without any vigorous exercise)

Notes: