

RESURRECT YOUR WORKOUT

A FOUR WEEK PLAN TO GET YOU BACK ON TRACK!

#FRESHFIT

WALK/RUN

10 MIN WALK
3 MIN RUN
7 MIN WALK
5 MIN RUN
2 MIN WALK
3 MIN RUN
5 MIN COOL DOWN

DAY ONE

STRETCH

15 MINUTES

DAY TWO

WALK/RUN

10 MIN WALK
3 MIN RUN
7 MIN WALK
5 MIN RUN
2 MIN WALK
3 MIN RUN
5 MIN COOL DOWN

DAY THREE

STRETCH

15 MINUTES

DAY FOUR

WALK/RUN

10 MIN WALK
3 MIN RUN
7 MIN WALK
5 MIN RUN
2 MIN WALK
3 MIN RUN
5 MIN COOL DOWN

DAY FIVE

CASUAL WALK

30 MINUTES

DAY SIX

REST
DAY

WALK/RUN

7 MIN WALK
3 MIN RUN
5 MIN WALK
5 MIN RUN
3 MIN WALK
7 MIN RUN
5 MIN COOL DOWN

DAY EIGHT

STRETCH

15 MINUTES

DAY NINE

WALK/RUN

7 MIN WALK
3 MIN RUN
5 MIN WALK
5 MIN RUN
3 MIN WALK
7 MIN RUN
5 MIN COOL DOWN

DAY TEN

STRETCH

15 MINUTES

DAY ELEVEN

WALK/RUN

7 MIN WALK
3 MIN RUN
5 MIN WALK
5 MIN RUN
3 MIN WALK
7 MIN RUN
5 MIN COOL DOWN

DAY TWELVE

CASUAL WALK

30 MINUTES

DAY THIRTEEN

REST
DAY

WALK/RUN

5 MIN WALK
3 MIN RUN
4 MIN WALK
6 MIN RUN
3 MIN WALK
8 MIN RUN - 2 MIN WALK
4 MIN RUN - 5 MIN COOL DOWN

DAY FIFTEEN

STRETCH

15 MINUTES

DAY SIXTEEN

STRENGTH TRAINING

40 MINUTES / FULL BODY

WEIGHTS
LES MILLS BODY PUMP
AND/OR TONING

DAY SEVENTEEN

STRETCH

15 MINUTES

DAY EIGHTEEN

WALK/RUN

5 MIN WALK
3 MIN RUN
4 MIN WALK
6 MIN RUN
3 MIN WALK
8 MIN RUN - 2 MIN WALK
4 MIN RUN - 5 MIN COOL DOWN

DAY NINETEEN

CASUAL WALK

30 MINUTES

DAY TWENTY

REST
DAY

CARDIO

60 MINUTES

CLASS OR VIDEO
KICKBOXING
ZUMBA
AEROBICS

DAY TWENTY-TWO

STRETCH

15 MINUTES

DAY TWENTY-THREE

STRENGTH TRAINING

40 MINUTES / FULL BODY

WEIGHTS
LES MILLS BODY PUMP
AND/OR TONING

DAY TWENTY-FOUR

STRETCH

15 MINUTES

DAY TWENTY-FIVE

WALK/RUN

5 MIN WALK
5 MIN RUN
3 MIN WALK
7 MIN RUN
3 MIN WALK
12 MIN RUN
5 MIN COOL DOWN

DAY TWENTY-SIX

CORE

60 MINUTES

CLASS OR VIDEO
PILATES
YOGA
BARRE

DAY TWENTY-SEVEN

CONGRATS!
YOU ROCKED
IT!