



Phase 3

Day Two

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Brisk Walking	1	10mins										
30 sec sprint/30 sec rest repeat	1	10mins										
Brisk Walking	1	10mins										
20 sec spring/20 sec rest repeat	1	10mins										
Jog	1	10mins										
Brisk Walking	1	10mins										
Cardio:	<p>This will take you 60 mins. You can do this on a treadmill or outside. Start at the top and run all the way down. Use a timer to keep yourself accountable</p>											