



Day Four
Phase 3 Weeks 1-2 Intermediate/Advanced

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Brisk Walking	1	10 minutes										
30 second sprint/30 seconds rest (repeat for 10 minutes)	1	10 minutes										
Brisk Walking	1	10 minutes										
20 second sprint/20 seconds res (repeat for 10 minutes)	1	10 minutes										
Jog	1	10 minutes										
Walking with Glute Kickbacks – Use ankle weights and perform on treadmill or outdoors. If outdoors, make sure you're traveling forward and walking with your kickbacks.	1	10 minutes										
Cardio:	This will take you 60 minutes. You can do this workout on a treadmill or outside. Start at the top and work your way all the way down the list. Use a timer to keep yourself accountable and take very minimal rest in between exercises. Use your brisk walking as active rest if possible.											