



Day Four
Phase 3 Weeks 3-4 Beginner/Intermediate

| 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 | | | | | | | | | | |
| Brisk Walking | 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. | | | | | | | | | | | |