

# ❖ Full Body Workout & Walking Plan ❖

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When the weather disagrees with your fitness plan, walk inside. Every step you take each day counts no matter where you do it!

**Day 1**

☐ Walk

**Day 2**

☐ Lower Body

**Day 3**

☐ Walk

**Day 4**

☐ Upper Body

**Day 5**

☐ Walk

**Day 6**

☐ Core

**Day 7**

☐ Walk



Repeat your word with every inhalation and exhalation to help you stay focused on what you want to achieve.

**Day 8**

☐ Walk

**Day 9**

☐ Lower Body

**Day 10**

☐ Upper Body

**Day 11**

☐ Walk

**Day 12**

☐ Core

**Day 13**

☐ Lower Body

**Day 14**

☐ Walk



Watch yourself in a mirror when you work out so you can see your form. Even though it may feel goofy at first, smile at yourself.

**Day 15**

☐ Walk

**Day 16**

☐ Lower Body  
☐ Upper Body

**Day 17**

☐ Walk

**Day 18**

☐ Lower Body

**Day 19**

☐ Walk

**Day 20**

☐ Upper Body  
☐ Core

**Day 21**

☐ Walk



A quick whole body stretch: Stand up, root your feet into the ground and reach your arms to the sky, stretching as high as you can. Then totally relax. Repeat.

**Day 22**

☐ Walk

**Day 23**

☐ Lower Body  
☐ Upper Body  
☐ Core

**Day 24**

☐ Walk

**Day 25**

☐ Lower Body  
☐ Upper Body  
☐ Core

**Day 26**

☐ Walk

**Day 27**

☐ Cardio

**Day 28**

☐ Walk

**Day 29**

☐ Walk

**Day 30**

☐ Lower Body  
☐ Upper Body  
☐ Core

**Day 31**

☐ Walk

# Walking Workout Today

**Liying Dong**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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