

<u>Day 1</u> Recovery	<u>Day 2</u> Strength	<u>Day 3</u> Recovery	<u>Day 4</u> Cardio	<u>Day 5</u> Recovery	<u>Day 6</u> Strength	<u>Day 7</u> Recovery
<u>Day 8</u> Cardio	<u>Day 9</u> Recovery	<u>Day 10</u> Strength	<u>Day 11</u> Recovery	<u>Day 12</u> Cardio	<u>Day 13</u> Recovery	<u>Day 14</u> Strength
<u>Day 15</u> Recovery	<u>Day 16</u> Cardio	<u>Day 17</u> Recovery	<u>Day 18</u> Strength	<u>Day 19</u> Recovery	<u>Day 20</u> Cardio	<u>Day 21</u> Recovery
<u>Day 22</u> Strength	<u>Day 23</u> Recovery	<u>Day 24</u> Cardio	<u>Day 25</u> Recovery	<u>Day 26</u> Strength	<u>Day 27</u> Recovery	<u>Day 28</u> Cardio

<u>Recovery day</u> <ul style="list-style-type: none"> • 10-20 minute walk • Walking game • Mobility workout video • Yoga video 	<u>Strength day</u> <ul style="list-style-type: none"> • Fitness Adventure • Tabletop workout • Strength workout video 	<u>Cardio day</u> <ul style="list-style-type: none"> • 10-20 minutes outdoor cardio • Indoor cardio video • Outdoor intervals
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<p><u>Mobility Workout Video</u> https://youtu.be/0OVsW3XNb5o <u>30 seconds each</u> Arm circles Torso rotations Hip rolls High reach to forward fold Side bend R Side bend L Shoulder stretch R Shoulder stretch L Chest stretch Forward Fold Hip flexor stretch R Hip Flexor stretch L Cat/cow Downward facing dog Butterfly stretch Hamstring stretch R Hamstring stretch L Figure 4 stretch R Figure 4 stretch L Knee hug</p>	<p><u>Yoga Video</u> https://youtu.be/VaoV1PrYft4</p>	<p><u>Strength Workout Video</u> https://youtu.be/8l4w-cVSVrE Warmup (30 seconds each): Arm circles Torso rotations Hip rolls Cross body high knees High reach to forward fold Jumping jacks Workout: 30 seconds work/10 seconds rest - 3 sets Squats 30 seconds work/10 seconds rest - 3 sets Plank hold Bird dog Cooldown (30 seconds each): Hip flexor stretch R Hip flexor stretch L Chest stretch Side bend R Side bend L Forward fold</p>
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Indoor Cardio Video

https://youtu.be/VKzve6J_tu8

Warmup (30 seconds each):

Hip rolls

Straddle stretch

Toy soldiers

High reach to forward fold

Marching in place

Workout (20 seconds work/10 seconds rest - 2 sets):

Jumping jacks

Running in place, knees high

Butt kicks

Heismans

Cooldown (30 seconds each):

Marching in place

Quad stretch R

Quad Stretch L

Calf Stretch R

Calf Stretch L

Forward Fold

Outdoor Intervals

Warmup:

3 minutes of walking

•Beginner workout:

3 minutes brisk walking

3 minutes light walking

5-10 sets

•Medium workout:

30 seconds running/sprinting

90 seconds - 2 minutes walking

3 sets

•Hard workout:

20 seconds high intensity running

10 seconds walking

8 sets

Time your intervals with this [spotify playlist!](#)

Cooldown:

3 minutes of walking