

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

WEEK 1	MON Walk 5 minutes	TUES Rest	WED Walk 10 minutes	THUR Rest	FRI Walk 15 minutes	SAT Rest	SUN Walk 5 minutes
WEEK 2	MON Walk 10 minutes	TUES Rest	WED Walk 20 minutes	THUR Recovery	FRI Walk 15 minutes	SAT Rest	SUN Walk 10 minutes
WEEK 3	MON Walk 25 minutes	TUES Rest	WED Walk 10 minutes	THUR Recovery	FRI Walk 25 minutes	SAT Rest	SUN Walk 10 minutes
WEEK 4	MON Rest	TUES Walk 15 minutes	WED Recovery	THUR Walk 15 minutes	FRI Rest	SAT Walk 30 minutes	SUN Rest

WARM-UP AND RECOVERY EXERCISES:



Standing
Knee Pull



Standing
Quad Pull



Hamstring
Scoop



Runner's
Calf Stretch

Walking Workout This Week Sign In

RS Peters

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the 'RS Peters' text.

Walking Workout This Week Sign In:

Whispering the Secrets of Language: An Emotional Journey through **Walking Workout This Week Sign In**

In a digitally-driven earth where monitors reign great and quick communication drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within phrases frequently move unheard. Yet, situated within the pages of **Walking Workout This Week Sign In** a captivating fictional prize pulsing with raw emotions, lies a fantastic journey waiting to be undertaken. Composed by an experienced wordsmith, this wonderful opus encourages visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the psychological depths of the emotional review, we will embark upon a genuine exploration of the book's core styles, dissect their captivating publishing style, and succumb to the powerful resonance it evokes strong within the recesses of readers' hearts.

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