

Weekly Workout Planner: Beginner

Week 1

IF YOU ARE UNSURE, ON HOW TO DO ANY OF THE EXERCISES LISTED GOOGLE THEM AND INSTRUCTIONAL VIDEOS WILL BE READILY AVAILABLE.

Cardio	Circuit
<p>Try doing one of these 3 days a week:</p> <ul style="list-style-type: none">• 30 minute walk• Hoover – 20 minutes• 20 minute Cycle	<ul style="list-style-type: none">• 20 Air squats• 10 Push ups• 20 Walking lunges - 10 each leg• 10 Jumping squats• 30 second Plank• 30 Jumping jacks• 10 Sit-ups <p>Rest 2 mins repeat x 3</p> <p>Do this 3x per week</p>

Week 2

Cardio	Circuit
<p>Try doing one of these every day a week:</p> <ul style="list-style-type: none">• 30 minute walk• Hoover – 20 minutes• 20 minute Cycle	<ul style="list-style-type: none">• 25 Air squats• 12 Push ups• 24 Walking lunges - 12 each leg• 15 Jumping squats• 45 second Plank• 35 Jumping jacks• 12 Sit-ups <p>Rest 90 seconds repeat x 3</p> <p>Do this 3x per week</p>

IF YOU ARE UNSURE, ON HOW TO DO ANY OF THE EXERCISES LISTED GOOGLE THEM AND INSTRUCTIONAL VIDEOS WILL BE READILY AVAILABLE.

Week 3

Cardio	Circuit
<p>Try doing one of these everyday:</p> <ul style="list-style-type: none">• 30 minute walk – increase speed this week• Hoover – 20 minutes• 30 minute Cycle	<ul style="list-style-type: none">• 30 Air squats• 15 Push ups• 28 Walking lunges - 14 each leg• 20 Jumping squats• 60 second Plank• 20 mountain climbers• 15 Sit-ups <p>Rest 90 seconds repeat x 3</p> <p>Do this 3x times per week.</p>

Week 4

Cardio	Circuit
<p>Try doing one of these everyday:</p> <ul style="list-style-type: none">• 30 minute walk – increase speed this week• Hoover – 20 minutes• 30 minute Cycle	<ul style="list-style-type: none">• 30 Air squats• 20 Push ups• 30 Walking lunges - 15 each leg• 20 Jumping squats• 60 second Plank• 20 mountain climbers• 15 Sit-ups <p>Rest 60 seconds repeat x 3</p> <p>Do this 3x per week.</p>