

6-Week Workout Plans

Beginner plan. Adjust the workout to fit your needs.

- Wear the right shoes.
- Go slow to go fast.
- Recognize aches vs injuries.
- Stay hydrated.
- Stretch before and after your workout.
- Train your mind.

	WEEKS 1–2	WEEKS 3–4	WEEKS 5–6
MON	<ul style="list-style-type: none"> • Brisk walk 1 min • Walk 1 min • Repeat 10 times 	<ul style="list-style-type: none"> • Brisk walk 2 min • Walk 2 min • Repeat 6 times 	<ul style="list-style-type: none"> • Jog 2 min • Walk 2 min • Repeat 6 times
TUE	Yoga or play your favorite music and dance for 20 min	Yoga or play your favorite music and dance for 25 min	Yoga or play your favorite music and dance for 30 min
WED	<ul style="list-style-type: none"> • Brisk walk 1 min • Walk 1 min • Repeat 10 times 	<ul style="list-style-type: none"> • Brisk walk 2 min • Walk 2 min • Repeat 6 times 	<ul style="list-style-type: none"> • Brisk walk 3 min • Walk 2 min • Repeat 5 times
THU	<ul style="list-style-type: none"> • High knees 30 sec • 1 min rest • Right side lunges 30 sec • 1 min rest • Left side lunges 30 sec • 1 min rest • Front lunges 30 sec • 1 min rest • Squats 30 sec • 1 min rest • Jumping jacks 30 sec • 1 min rest • Repeat everything x1 	<ul style="list-style-type: none"> • High knees 30 sec • 1 min rest • Right side lunges 30 sec • 1 min rest • Left side lunges 30 sec • 1 min rest • Front lunges 30 sec • 1 min rest • Squats 30 sec • 1 min rest • Jumping jacks 30 sec • 1 min rest • Repeat everything x2 	<ul style="list-style-type: none"> • High knees 1 min • 1 min rest • Right side lunge 1 min • 1 min rest • Left side lunges 1 min • 1 min rest • Front lunges 1 min • 1 min rest • Squats 1 min • 1 min rest • Jumping jacks 1 min • 1 min rest • Repeat everything x3
FRI	Rest day	Rest day	Rest day
SAT	<ul style="list-style-type: none"> • Brisk walk 1 min • Walk 1 min • Repeat 10 times 	<ul style="list-style-type: none"> • Brisk walk 2 min • Walk 2 min • Repeat 6 times 	<ul style="list-style-type: none"> • Jog 3 min • Walk 2 min • Repeat 5 times
SUN	A physical activity with family/friend	A physical activity with family/friend	A physical activity with family/friend

Intermediate plan. Adjust the workout to fit your needs.

- Wear the right shoes.
- Go slow to go fast.
- Recognize aches vs injuries.
- Stay hydrated.
- Stretch before and after your workout.
- Train your mind.

	WEEKS 1–2	WEEKS 3–4	WEEKS 5–6
MON	<ul style="list-style-type: none"> • Jog 2 min • Walk 2 min • Repeat 6 times 	<ul style="list-style-type: none"> • Jog 5 min • Walk 3 min • Repeat 3 times 	<ul style="list-style-type: none"> • Jog 12 min • Walk 2 min • Repeat 2 times
TUE	<ul style="list-style-type: none"> • High knees 45 sec • 30 sec rest • Right side lunges 45 sec • 30 sec rest • Left side lunges 45 sec • 30 sec rest • Front lunges 45 sec • 30 sec rest • Squats 45 sec • 30 sec rest • Jumping jacks 45 sec • 30 sec rest • Sit-ups 45 sec • 30 sec rest • Push-ups 45 sec • 30 sec rest • Glute bridge 45 sec • 30 sec rest • Repeat everything x3 	<ul style="list-style-type: none"> • High knees 1 min • 1 min rest • Right side lunge 1 min • 1 min rest • Left side lunges 1 min • 1 min rest • Front lunges 1 min • 1 min rest • Squats 1 min • 1 min rest • Jumping jacks 1 min • 1 min rest • Sit-ups 1 min • 1 min rest • Push-ups 1 min • 1 min rest • Glute bridge 1 min • 1 min rest • Repeat everything x3 	<ul style="list-style-type: none"> • High knees 1 min • 1 min rest • Right side lunges 1 min with 5-10 lbs weights • 1 min rest • Left side lunges 1 min with 5-10 lbs weights • 1 min rest • Front lunges 1 min with 5-10 lbs weights • 1 min rest • Squats 1 min with 5-10 lbs weights • 1 min rest • Jumping jacks 1 min • 1 min rest • Sit-ups 1 min • 1 min rest • Push-ups 1 min • 1 min rest • Repeat everything x3
WED	<ul style="list-style-type: none"> • Jog 3 min • Walk 2 min • Repeat 5 times 	<ul style="list-style-type: none"> • Jog 10 min • Walk 3 min • Repeat 2 times 	<ul style="list-style-type: none"> • Jog 12 min • Walk 2 min • Repeat 2 times
THU	Repeat Tuesday workout	Repeat Tuesday workout	Repeat Tuesday workout
FRI	Rest day	Rest day	Rest day
SAT	<ul style="list-style-type: none"> • Jog 5 min • Walk 3 min • Repeat 3 times 	<ul style="list-style-type: none"> • Jog 10 min • Walk 3 min • Repeat 2 times 	Jog for 20 min
SUN	A physical activity with family/friend	A physical activity with family/friend	A physical activity with family/friend

Advanced plan. Adjust the workout to fit your needs.

- Wear the right shoes.
- Go slow to go fast.
- Recognize aches vs injuries.
- Stay hydrated.
- Stretch before and after your workout.
- Train your mind.

	WEEKS 1–2	WEEKS 3–4	WEEKS 5–6
MON	<ul style="list-style-type: none"> • Jog 5 min • Walk 3 min • Repeat 3 times 	<ul style="list-style-type: none"> • Jog 12 min • Walk 2 min • Repeat 2 times 	Jog for 25 min
TUE	<ul style="list-style-type: none"> • High knees 1 min • 30 sec rest • Right side lunges 1 min with 10-20 lbs* • 30 sec rest • Left side lunges 1 min with 10-20 lbs* • 30 sec rest • Front lunges 1 min with 10-20 lbs* • 30 sec rest • Squats 1 min with 15-25 lbs* • 30 sec rest • Burpees 1 min • 30 sec rest • Sit-ups 1 min • 30 sec rest • Push-ups 1 min • 30 sec rest • Repeat everything x3 	<ul style="list-style-type: none"> • High knees 1 min • 30 sec rest • Right side lunges 1 min with 15-20 lbs* • 30 sec rest • Left side lunges 1 min with 15-20 lbs* • 30 sec rest • Front lunges 1 min with 15-20 lbs* • 30 sec rest • Squats 1 min with 15-25 lbs* • 30 sec rest • Burpees 1 min • 30 sec rest • Sit-ups 1 min • 30 sec rest • Push-ups 1 min • 30 sec rest • Repeat everything x3 	<ul style="list-style-type: none"> • High knees 1 min • 30 sec rest • Right side lunges 1 min with 15-25 lbs* • 30 sec rest • Left side lunges 1 min with 15-25 lbs* • 30 sec rest • Front lunges 1 min with 15-25 lbs* • 30 sec rest • Squats 1 min with 15-30 lbs* • 30 sec rest • Burpees 1 min • 30 sec rest • Sit-ups 1 min • 30 sec rest • Push-ups 1 min • 30 sec rest • Repeat everything x3
WED	<ul style="list-style-type: none"> • Jog 10 min • Walk 3 min • Repeat 2 times 	<ul style="list-style-type: none"> • Jog 12 min • Walk 2 min • Repeat 2 times 	Jog for 25 min
THU	Repeat Tuesday workout	Repeat Tuesday workout	Repeat Tuesday workout
FRI	Rest day	Rest day	Rest day
SAT	<ul style="list-style-type: none"> • Jog 10 min • Walk 3 min • Repeat 2 times 	Jog for 20 min	Jog for 30 min
SUN	A physical activity with family/friend	A physical activity with family/friend	A physical activity with family/friend

*150-ounce bottle of laundry detergent weighs 9.4 lbs
 *One gallon jug of milk weighs 8.4 lbs

*Bag of rice weighs about 4 lbs each
 *Add items in a backpack to desired weight

Exercise example

High knees

1  2 

Jumping jacks

1  2 

Squats

1  2 

Glutes bridge

1  2 

Sit-ups

1  2 

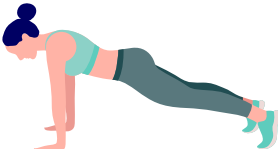
Push-ups

1  2 

Front lunges

1  2 

Burpees

1  2  3  4  5 

Right lunges

2  1 

Left lunges

1  2 

