

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Walk 10	Cardio 10	Walk 10	Cardio 10	Walk 10
	min.	min.	min.	min.	min.
Week 2	Walk 10	Cardio 10	Walk 10	Cardio 10	Walk 10
	min.	min.	min.	min.	min.
Week 3	Walk 10	Cardio 10	Walk 10	Cardio 10	Walk 15
	min.	min.	min.	min.	min.
Week 4	Walk 15	Cardio 15	Walk 15	Cardio 15	Walk 15
	min.	min.	min.	min.	min.
Week 5	Walk 15	Cardio 15	Walk 15	Cardio 15	Walk 15
	min.	min.	min.	min.	min.
Week 6	Walk 15	Cardio 20	Walk 15	Cardio 20	Walk 20
	min.	min.	min.	min.	min.
Week 7	Walk 15	Cardio 20	Walk 15	Cardio 20	Walk 20
	min.	min.	min.	min.	min.
Week 8	Walk 20	Cardio 25	Walk 15	Cardio 25	Walk 20
	min.	min.	min.	min.	min.

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