



31-day full-body strength + walking plan

The Plan

DAY 1 UPPER	DAY 2 WALK	DAY 3 LOWER	DAY 4 WALK	DAY 5 CORE	DAY 6 WALK	DAY 7 UPPER & LOWER
DAY 8 WALK	DAY 9 CORE	DAY 10 WALK	DAY 11 UPPER & LOWER	DAY 12 WALK	DAY 13 UPPER & CORE	DAY 14 WALK
DAY 15 UPPER & CORE	DAY 16 WALK	DAY 17 UPPER & CORE & LOWER	DAY 18 WALK	DAY 19 WALK	DAY 20 UPPER & CORE & LOWER	DAY 21 WALK
DAY 22 WALK	DAY 23 UPPER & CORE & LOWER	DAY 24 WALK	DAY 25 UPPER & CORE & LOWER	DAY 26 WALK	DAY 27 WALK	DAY 28 UPPER & CORE & LOWER
DAY 29 WALK	DAY 30 UPPER & CORE & LOWER	DAY 31 WALK				

The Exercises



Bicep curl



Tricep kickback



Overhead press



Serve a platter



Hug a tree



Double leg lift



Glute bridge



V sit



Bicycle abs



Crunch



Curtsy lunge



Side lunge



Squat



Lunge



Calf raise