

Beginner Workout Plan

Week 1 - Day 2

Stretching

Warm Up



Begin all workouts with stretching of your major muscles.

Cardio

Get Moving!



The main part of the day today is going to be working on your cardio fitness levels. We are going to keep it nice and easy today and start you off with a 10-15 minute walk. If you can push the pace a bit go for it! Begin with a 5 minute walk if 10 is too difficult at this time.

Cool Down

Stretching



End your day with stretching. Focus on breathing and slowing your heart rate down while holding each stretch for 30 seconds.

DIRECTIONS: Begin by stretching your muscles to prepare them for your workout. Upon completion of stretching, continue on to your cardio session. Today is going to be the beginning of your cardio fitness training as we start you off with a 10-15 minute walk. If 10-15 minutes is too much of a challenge currently, start with 5 minutes and work your way up. If 15 minutes is a piece of cake, try holding 1-3 lbs dumbbells in each hand for an added challenge!