



7 DAY Exercise Planner

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20 minute walk

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Brisk Walk

Power Walk

Exercise on Stairs

What you need: Pair of comfortable shoes

Explanation: Walking is one of the easiest, most enjoyable, and most beneficial forms of exercise. Grab a pair of shoes and head out the door to find out what you've been missing. All you need is a good pair of shoes & comfortable clothing.



Beginner

Briskly walk around your most ideal location of choice for 20 minutes

Intermediate

Briskly walk around your most ideal location for 5 minutes

Power walk for 5 minutes

Brisk walk for 5 minutes

Power walk for 5 minutes

Advanced

Find an inclined track, hill or stairs and walk for 20 minutes