



28 DAYS, NO EXCUSES

Consider this 4-week plan your cheat sheet to fit in a workout anytime and anywhere. Print it out, bookmark it, screenshot it, just make sure you've got this easy-to-follow guide at your disposal whether you're in the gym, at home, or stuck in the office. Amp up the intensity by adding time to designated cardio days or increasing rounds and reps on high-intensity days. All you need to get stronger and improve endurance is a positive attitude, determination and mental grit, so what are you waiting for?

Day 1 3 Mins Kettlebell swings 1min Single arm each 1 min both, 4 Rounds, Kettlebell cleans 10 each arm, 4 rounds.	Day 2 45 Mins HiIT/Circuits	Day 3 ½ mile run 10 Walking Lunges ½ mile run, 15 Jump Squats ½ mile run, 10 Burpee	Day 4 15-20 mins Walk-Run	Day 5 Pilates or Yoga	Day 6 Boot Camp	Day 7 Rest Day
Day 8 30 Mins Kettlebell Class	Day 9 45 Mins HiIT/Circuits	Day 10 ½ mile run 20 Walking Lunges ½ mile run 20 Jump Squats ½ mile run 20 Burpee	Day 11 20-25 Mins Walk Run	Day 12 Pilates or Yoga	Day 12 Rest Day	Day 13 Boot Camp
Day 14 35 Mins Kettlebell Class	Day 15 45 Mins HiIT/Circuits	Day 16 Rest Day	Day 18 ½ mile run 30 Walking Lunges ½ mile run 25 Jump Squats ½ mile run 25 Burpee	Day 19 Swim	Day 20 30-35 Mins Walk Run	Day 21 Rest Day
Day 22 35 Mins Kettlebell Class	Day 23 35-40 Mins Run	Day 24 Rest Day	Day 25 40-45 Mins run	Day 26 Rest Day	Day 27 Pilates, Yoga or why not treat yourself to a sports Massage.	Day 28 <u>Whoop Whoop Race Day!!</u>