

POSTPARTUM & LOW IMPACT



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	<u>Core 1</u> Walk 10 min	<u>Start/Restart 15</u> 28:40	<u>Core 1</u> Walk 10 min	Rest!	<u>Sunrise Stretch</u> 14:07	<u>Core 1</u> Walk 10 min	Rest!
2	<u>Core 1</u> Walk 10-15 min	<u>Basic Legs Strength</u> 26:15	Rest!	<u>Core 1</u> Walk 10-15 min	<u>Arms Endurance</u> 14:51	<u>Core 1</u> Walk 10-15 min	Rest!
3	<u>Core 2</u> Walk 15 min	<u>Basic Strength</u> 37:40	<u>Core 2</u> Walk 15 min	Rest!	<u>Arms Res Bands</u> 10:38 <u>Quick Glutes</u> 9:28	<u>Core 2</u> Walk 15 min	Rest!
4	<u>Core 2</u> Walk 15-20 min	<u>Strengthen Your Faith</u> 26:36	Rest!	<u>Core 2</u> Walk 15-20 min	<u>Mini Mashup</u> 29:43	<u>Core 2</u> Walk 15-20 min	Rest!
5	<u>Core 3</u> Walk 20 min	<u>Hip Goodness</u> 36:52	<u>Core 3</u> Walk 20 min	Rest!	Walk 30 min <u>with Arms 1</u> 10:09	<u>Core 3</u> Walk 20 min	Rest!
6	<u>Core 3</u> Walk 20-25 min	<u>Glutes 1</u> 22:15 <u>Cool Down</u>	Rest!	<u>Core 3</u> Walk 20-25 min	Walk 30 min <u>with Arms 2</u> 11:28	<u>Core 3</u> Walk 20-25 min	Rest!
7	<u>Core 4</u> Walk 30 min	<u>Strength 1</u> 31:42	<u>Core 4</u> Walk 30 min	Rest!	Walk 30 min <u>with Arms 3</u> 11:12	<u>Core 4</u> Walk 30 min	Rest!
8	<u>Core 4</u> Walk 30 min	<u>Glutes 2</u> 20:31 <u>Cool Down</u>	Rest!	<u>Core 4</u> Walk 30 min	Walk 30 min <u>Fav Arms</u> 12:21	<u>Core 4</u> Walk 30 min	Rest!
9	<u>Core 4</u> Walk 30 min	<u>HIIT 1</u> 33:25	<u>Core 4</u> Walk 30 min	Rest!	<u>Strength & Core</u> 32:10	<u>Core 4</u> Walk 30 min	Rest!