

THE 30 DAYS of Walking

WORKOUT CHALLENGE



BOWFLEX

Follow the plan below and share your progress – #JustWalk

DAY 1 START WALKING <i>20 minutes</i>	DAY 2 SHORT WALK <i>20 minutes</i>	DAY 3 SHORT WALK <i>20 minutes</i>	DAY 4 STEP IT UP <i>30 minutes</i>	DAY 5 RELAXED WALK <i>20 minutes</i>
DAY 6 STEP IT UP <i>30 minutes</i>	DAY 7 PUSH YOURSELF <i>60 minutes</i>	DAY 8 RELAXED WALK <i>20 minutes</i>	DAY 9 SHORT WALK <i>20 minutes</i>	DAY 10 STEP IT UP <i>30 minutes</i>
DAY 11 KEEP ON GOING <i>30 minutes</i>	DAY 12 RELAXED WALK <i>20 minutes</i>	DAY 13 STEP IT UP <i>30 minutes</i>	DAY 14 YOU'VE GOT THIS <i>60 minutes</i>	DAY 15 HALF WAY THERE <i>30 minutes</i>

Now it's time to make it more interesting. Challenge yourself to increase your distance each day. You could also walk with a friend for extra enjoyment and motivation.

DAY 16 RELAXED WALK <i>20 minutes</i>	DAY 17 SHORT WALK <i>20 minutes</i>	DAY 18 STEP IT UP <i>30 minutes</i>	DAY 19 SHORT WALK <i>20 minutes</i>	DAY 20 KEEP ON GOING <i>30 minutes</i>
DAY 21 SHORT WALK <i>20 minutes</i>	DAY 22 STEP IT UP <i>30 minutes</i>	DAY 23 SHORT WALK <i>20 minutes</i>	DAY 24 SHORT WALK <i>20 minutes</i>	DAY 25 PUSH YOURSELF <i>60 minutes</i>
DAY 26 SHORT WALK <i>20 minutes</i>	DAY 27 KEEP ON GOING <i>30 minutes</i>	DAY 28 YOU'VE GOT THIS <i>60 minutes</i>	DAY 29 ALMOST THERE <i>20 minutes</i>	DAY 30 YOU DID IT! <i>20 minutes</i>

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Hussin A.Rothana

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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