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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Week 1** | |  | **Week 2** | |  | **Week 3** | |  |
|  | **Weights** | **Cardio** |  | **Weights** | **Cardio** |  | **Weights** | **Cardio** |  |
| **Monday** | **Resistance workout 1** | **30 – 60 minute walk/relaxation activity** |  | **Resistance workout 2** | **30 – 60 minute walk/relaxation activity** |  | **Dumbbell Workout 1** | **30 – 60 minute walk/relaxation activity** |  |
| **Tuesday** | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  |
| **Wednesday** | **Resistance workout 2** | **30 – 60 minute walk/relaxation activity** |  | **Resistance workout 1** | **30 – 60 minute walk/relaxation activity** |  | **Dumbbell workout 2** | **30 – 60 minute walk/relaxation activity** |  |
| **Thursday** | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  |
| **Friday** | **Resistance workout 1** | **30 – 60 minute walk/relaxation activity** |  | **Resistance workout 2** | **30 – 60 minute walk/relaxation activity** |  | **Dumbbell Workout 1** | **30 – 60 minute walk/relaxation activity** |  |
| **Saturday** | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  | **30 – 60 minute walk/relaxation activity** | **20 -30 minutes interval training** |  |
| **Sunday** | **Resistance workout 2** | **30 – 60 minute walk/relaxation activity** |  | **Resistance workout 2** | **30 – 60 minute walk/relaxation activity** |  | **Resistance workout 2** | **30 – 60 minute walk/relaxation activity** |  |