

YOUR 6-WEEK BELLY FAT BLASTING WALKING PLAN

WEEK 1

 75 MINUTES

DAY	MINUTES	EXERCISE
M	15	HIIT walk
T	30	Power walk
W	-	Rest (or cross-train)
Th	15	HIIT walk
F	15	Easy walk
S	-	Rest
Su	-	Rest

WEEK 2

 90 MINUTES

DAY	MINUTES	EXERCISE
M	15	HIIT walk
T	30	Power walk
W	-	Rest (or cross-train)
Th	15	HIIT walk
F	30	Easy walk
S	-	Rest
Su	-	Rest

WEEK 3

 120 MINUTES

DAY	MINUTES	EXERCISE
M	30	HIIT walk
T	45	Power walk
W	-	Rest (or cross-train)
Th	15	HIIT walk
F	30	Easy walk
S	-	Rest
Su	-	Rest

WEEK 4

 150 MINUTES

DAY	MINUTES	EXERCISE
M	30	HIIT walk
T	45	Power walk
W	-	Rest (or cross-train)
Th	30	HIIT walk
F	45	Easy walk
S	-	Rest
Su	-	Rest

WEEK 5

 210 MINUTES

DAY	MINUTES	EXERCISE
M	30	HIIT walk
T	45	Power walk
W	30	HIIT walk
Th	30	Power walk
F	45	Easy walk
S	30	Power walk
Su	-	Rest

WEEK 6

 210-240 MINUTES

DAY	MINUTES	EXERCISE
M	30	HIIT walk
T	45	Power walk
W	30	HIIT walk
Th	30	Power walk
F	60	Easy walk
S	30	Power walk (Optional)
Su	-	Rest