YOUR 6-VEEK BELLY FAT BLASTING WALKING PLAN

WEEK 1

5 75 MINUTES

WEEK 2 § 90 MINUTES WEEK 3

120 MINUTES

DAY	MINUTES	EXERCISE	DAY	MINUTES	EXERCISE	DAY	MINUTES	EXERCISE
M	15	HIIT walk	M	15	HIIT walk	M	30	HIIT walk
T	30	Power walk	T	30	Power walk	T	45	Power walk
W	-	Rest (or cross-train)	w	-	Rest (or cross-train)	w	-	Rest (or cross-train)
Th	15	HIIT walk	Th	15	HIIT walk	Th	15	HIIT walk
F	15	Easy walk	F	30	Easy walk	F	30	Easy walk
S	-	Rest	S	-	Rest	S	-	Rest
Su	-	Rest	Su	-	Rest	Su	-	Rest
WEEK 4								
WE	EK 4	§ 150 MINUTES	WE	EK 5	S 210 MINUTES	WE	EK 6	310-240 MINUTES
WE	EK 4	§ 150 MINUTES	WE	EK 5	210 MINUTES	WE	EK 6	210-240 MINUTES
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DAY	MINUTES	EXERCISE	DAY	MINUTES	EXERCISE	DAY	MINUTES	EXERCISE
DAY M	MINUTES 30	EXERCISE HIIT walk	DAY	MINUTES 30	EXERCISE HIIT walk	M DAY	MINUTES 30	HIIT walk
M T	30 45	HIIT walk Power walk	M T	30 45	HIIT walk Power walk	M T	30 45	HIIT walk Power walk
M T	30 45	HIIT walk Power walk Rest (or cross-train)	M T	30 45 30	HIIT walk Power walk HIIT walk	M T W	30 45 30	HIIT walk Power walk HIIT walk
M T W	30 45 -	HIIT walk Power walk Rest (or cross-train) HIIT walk	M Th	30 45 30	HIIT walk Power walk HIIT walk Power walk	M Th	30 45 30	HIIT walk Power walk HIIT walk Power walk