

# Walking & Strength Training Plan

**start**  
**TODAY**  
FREE WORKOUTS AND PLANS

Day 1

Upper Body

Day 2

Lower Body

Day 3

20 Min Walk

Day 4

Upper Body

Day 5

20 Min Walk

Day 6

Lower Body

Day 7

20 Min Walk

Day 8

Upper Body

Day 9

Lower Body

Day 10

20 Min Walk

Day 11

Lower Body

Day 12

20 Min Walk

Day 13

Upper Body

Day 14

Lower Body

Day 15

20 Min Walk

Day 16

Upper Body  
 Lower Body

Day 17

20 Min Walk

Day 18

Lower Body

Day 19

20 Min Walk

Day 20

Upper Body  
 Lower Body

Day 21

20 Min Walk

Day 22

Upper Body

Day 23

20 Min Walk

Day 24

Upper Body  
 Lower Body

Day 25

20 Min Walk

Day 26

Upper Body  
 Lower Body

Day 27

20 Min Walk

Day 28

Upper Body  
 Lower Body

# Weight Training Today

**G Psacharopoulos**



**Weight Training Today:**

Delve into the emotional tapestry woven by Emotional Journey with in Experience **Weight Training Today** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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