

FABULOUS 50'S

7 DAY WALKING CHALLENGE



5 MIN WALK

DAY 1 PLAYLIST

20 mins



15 MIN WALK



30 MIN WALKING

DAY 2 PLAYLIST

30 mins



5 MIN STRETCH



15 MIN WALK

DAY 3 PLAYLIST

30 mins



15 MIN WALK



15 MIN STRETCH

DAY 4 PLAYLIST

25 mins



10 MIN ARMS



5 MIN WALKING

DAY 5 PLAYLIST

35 mins



30 MIN WALKING



5 MIN WARM UP

DAY 6 PLAYLIST

20 mins



15 BACK WORKOUT



30 MIN WALKING

DAY 7 PLAYLIST

35 mins



5 MIN STRETCH