

WEEK 4

EXERCISE	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
CARDIO 30 to 45 minutes, 6 times a week Power walking, running, cycling, stair-climbing, jumping rope, spinning, kickboxing, skating, rowing, dancing, skiing, swimming, elliptical							
HIGH-INTENSITY INTERVAL TRAINING (HIIT) 3 times a week							
LOW-INTENSITY STEADY-STATE TRAINING (LISS) 3 times a week							
STRENGTH 5 times a week 3 exercises—4 series of 20, 15, 12, and 10 repetitions One day per group Glutes—quadriceps—femorals— biceps/triceps—shoulders/back							
ABDOMINALS 3 days a week 3 exercises—4 series of 25 repetitions							

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