

Here are two 28-day schedules you can pick from that outline the integrated training, nutrition & walking plans. Please note that all the EXPRESS Workouts are 20-minute full-body workouts so they are interchangeable if you want to mix & match on feel. The main focus is to do 3 of these express workouts/week with at least 48 hours of rest between them. So, you can do them M/W/F or T/TH/Sat. The choice is yours! Just get it in!

Schedule A: Equipment-Free

Monday	Tuesday	Wednesda	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> EXPRESS A Focused Diet 	<ul style="list-style-type: none"> Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS B Focused Diet 	<ul style="list-style-type: none"> Flexibile Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS C Flexible Diet 1-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
<ul style="list-style-type: none"> EXPRESS A Focused Diet 	<ul style="list-style-type: none"> Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS B Focused Diet 	<ul style="list-style-type: none"> Flexibile Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS C Flexible Diet 1-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
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Schedule A: Bands & Cardio

Monday	Tuesday	Wednesda	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> BAND TABATA Focused Diet 	<ul style="list-style-type: none"> Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> MINI-BAND WO Focused Diet 	<ul style="list-style-type: none"> Flexibile Diet 1-Mile Walk 	<ul style="list-style-type: none"> CARDIO CRUSH Flexible Diet 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
<ul style="list-style-type: none"> EXPRESS A Focused Diet 	<ul style="list-style-type: none"> Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS B Focused Diet 	<ul style="list-style-type: none"> Flexibile Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS C Flexible Diet 1-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
<ul style="list-style-type: none"> EXPRESS A Focused Diet 	<ul style="list-style-type: none"> Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS B Focused Diet 	<ul style="list-style-type: none"> Flexibile Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS C Flexible Diet 1-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
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