

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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#1	<ul style="list-style-type: none"> EXPRESS A Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> EXPRESS B Focused Diet 1-Mile Walk 	<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
#2	<ul style="list-style-type: none"> EXPRESS A Focused Diet 2-Mile Walk 	<ul style="list-style-type: none"> Focused Diet 2-Mile Walk 	<ul style="list-style-type: none"> EXPRESS B Focused Diet 2-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Walk 	<ul style="list-style-type: none"> EXPRESS C Flexible Diet 2-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
#3	<ul style="list-style-type: none"> EXPRESS A Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> EXPRESS B Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 3-Mile Walk 	<ul style="list-style-type: none"> EXPRESS C Flexible Diet 3-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 3-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
#4	<ul style="list-style-type: none"> EXPRESS A Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> EXPRESS B Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 3-Mile Walk 	<ul style="list-style-type: none"> EXPRESS C Flexible Diet 3-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 3-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF

Schedule A: Equipment-Based [Bands & Bells]

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#1	<ul style="list-style-type: none"> BAND TABATA Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> MINI-BAND Focused Diet 1-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 1-Mile Walk 	<ul style="list-style-type: none"> KB TABATA 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
#2	<ul style="list-style-type: none"> BAND TABATA Focused Diet 2-Mile Walk 	<ul style="list-style-type: none"> Focused Diet 2-Mile Walk 	<ul style="list-style-type: none"> MINI-BAND Focused Diet 2-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Walk 	<ul style="list-style-type: none"> KB TABATA Flexible Diet 2-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 2-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
#3	<ul style="list-style-type: none"> BAND TABATA Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> MINI-BAND Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 3-Mile Walk 	<ul style="list-style-type: none"> KB TABATA Flexible Diet 3-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 3-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF
#4	<ul style="list-style-type: none"> BAND TABATA Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> MINI-BAND Focused Diet 3-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 3-Mile Walk 	<ul style="list-style-type: none"> KB TABATA Flexible Diet 3-Mile Walk 	<ul style="list-style-type: none"> Flexibile Diet 3-Mile Hike 	<ul style="list-style-type: none"> Focused Diet OFF