

Get Fit Cardio Strength Training Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*You DO NOT have to complete the exercises on the day listed but YOU MUST complete the 5 days of exercising within 7 days.</p> <p>*Remember to click on the <i>I Completed</i> button each week to get credit for doing the exercises. Weekly exercises run from Thur-Wed. No click, no credit, no prizes</p> <p>*For information about Cardio and Strength Training exercises visit the Get Fit website Exercise/Nutrition page</p> <p>*This calendar is flexible. Use it to fit your lifestyle and schedule BUT do the exercises.</p>						
			<p><u>FEB 9 Week 1</u></p> <p>30 MINUTES CARDIO ONLY</p>	<p>FEB 10</p> <p>30 MINUTES CARDIO ONLY</p>	<p>FEB 11</p> <p>20-30 MINUTES CARDIO & STRENGTH</p>	<p>FEB 12</p>
<p>FEB 13</p> <p>45 MINUTES CARDIO (Mall Walk)</p>	<p>FEB 14</p> <p>20-30 MINUTES CARDIO & STRENGTH</p>	<p>FEB 15</p>	<p><u>FEB 16 Week 2</u></p> <p>30 MINUTES CARDIO ONLY</p>	<p>FEB 17</p> <p>30 MINUTES CARDIO ONLY</p>	<p>FEB 18</p> <p>20-30 MINUTES CARDIO & STRENGTH</p>	<p>FEB 19</p>
<p>FEB 20</p> <p>45 MINUTES CARDIO (Mall Walk)</p>	<p>FEB 21</p> <p>20-30 MINUTES CARDIO & STRENGTH</p>	<p>FEB 22</p>	<p><u>FEB 23 Week 3</u></p> <p>30-45 MINUTES CARDIO ONLY</p>	<p>FEB 24</p> <p>30-45 MINUTES CARDIO ONLY</p>	<p>FEB 25</p> <p>30 MINUTES CARDIO & STRENGTH</p>	<p>FEB 26</p>
<p>FEB 27</p> <p>45 MINUTES CARDIO (Mall Walk)</p>	<p>FEB 28</p> <p>30 MINUTES CARDIO & STRENGTH</p>	<p>FEB 29</p>	<p><u>MAR 1 Week 4</u></p> <p>45 MINUTES CARDIO ONLY</p>	<p>MAR 2</p> <p>45 MINUTES CARDIO ONLY</p>	<p>MAR 3</p> <p>30-45 MINUTES CARDIO & STRENGTH</p>	<p>MAR 4</p>
<p>MAR 5</p> <p>45 MINUTES CARDIO (Mall Walk)</p>	<p>MAR 6</p> <p>30-45 MINUTES CARDIO & STRENGTH</p>	<p>MAR 7</p> <p>Mini Challenge #2 Ends</p>				



4 weeks of Cardio & Strength Training

Week 1:

1 day of - 45 minutes cardio (walk at mall)

2 days of – 20 to 30 minutes cardio and strength training

2 days of - 30 minutes of cardio only

Week 2:

1 day of - 45 minutes cardio (walk at mall)

2 days of – 20 to 30 minutes cardio and strength training

2 days of - 30 minutes of cardio

Week 3:

1 day of - 45 minutes cardio (walk at mall)

3 days of - 30 minutes of cardio and strength training

1 day of – 30 to 45 minutes of cardio

Week 4:

1 day of - 45 minutes cardio (walk at mall)

3 days of – 30 to 40 minutes of cardio and strength training

1 day of - 45 minutes of cardio