

Example:

Beginner

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
15-20 minute Walk	20 minute Body Weight Exercises	Rest	15-20 minutes Walk	20 minute Body Weight Exercises	15-20 minute walk	Rest

Beginner Progress

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
20-30 minutes Cardio	30 min Weighted Strength Train	Rest/brisk walk	20-30 minutes Cardio	30 min Weighted Strength Train	20 minute Yoga/Pilates	Rest/brisk walk