

# Bridal Boot Camp - Beginner Plan

## 12 week Exercise Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	1 hour fast paced walk	Arm workout A & 40 min fast paced walk	Rest	Ab workout A & 30 min fast paced walk	1 hour fast paced walk	Leg workout A & 30 min fast paced walk	1 hour regular pace walk & 30 min stretch or Yoga
<b>Week 2</b>	Arm workout A & 40 min fast paced walk	1 hour fast paced walk	Rest	Leg workout A & 30 min fast paced walk	1 hour fast paced walk	Ab workout A & 30 min fast paced walk	1 hour regular pace walk & 30 min stretch or Yoga
<b>Week 3</b>	1 hour fast paced walk	Arm workout A & 40 min fast paced walk	Rest	Ab workout A & 30 min fast paced walk	1 hour fast paced walk	Leg workout A & 30 min fast paced walk	1 hour regular pace walk & 30 min stretch or Yoga
<b>Week 4</b>	1 hour walk/jog	Ab workout A & 30 min fast paced walk	1 hour fast paced walk	Leg workout A & 30 min walk/jog	1 hour fast paced walk	Arm workout A & 40 min walk/jog	90 min regular walk & 30 min stretch or yoga
<b>Week 5</b>	1 hour walk/jog	Leg workout A & 30 min walk/jog	1 hour fast paced walk	Ab workout A & 30 min fast paced walk	Arm workout A & 40 min walk/jog	1 hour fast paced walk	90 min regular walk & 30 min stretch or yoga
<b>Week 6</b>	Leg workout A & 30 min walk/jog	1 hour walk/jog	Arm workout A & 40 min walk/jog	1 hour fast paced walk	1 hour walk/jog	Ab workout A & 30 min fast paced walk	90 min regular walk & 30 min stretch or yoga
<b>Week 7</b>	1 hour walk/jog - By now you should be jogging over 50% of the time	Arm workout B & 40 min walk/jog	1 hour walk/jog	Leg workout B & 30 min walk/jog	1 hour walk/jog	Ab workout B & 30 min fast paced walk	90 min regular walk & 30 min stretch or yoga
<b>Week 8</b>	Leg workout B & 30 min walk/jog	1 hour walk/jog	Ab workout B & 30 min fast paced walk	1 hour walk/jog	Arm workout B & 40 min walk/jog	1 hour walk/jog	90 min regular walk & 30 min stretch or yoga
<b>Week 9</b>	1 hour walk/jog	Arm workout B & 40 min walk/jog	1 hour walk/jog	Leg workout B & 30 min walk/jog	Ab workout B & 30 min fast paced walk	1 hour walk/jog	90 min regular walk & 30 min stretch or yoga
<b>Week 10</b>	Arm workout B & 60 min walk/jog	1 hour jog or hill walk/jog	Ab workout B & 30 min jog	1 hour jog or hill walk/jog	Leg workout B & 30 min walk/jog	1 hour jog or hill walk/jog	2 hour regular walk & 30 min stretch or yoga
<b>Week 11</b>	1 hour jog or hill walk/jog	Ab workout B & 30 min jog	1 hour jog or hill walk/jog	Arm workout B & 60 min walk/jog	Leg workout B & 30 min walk/jog	1 hour jog or hill walk/jog	2 hour regular walk & 30 min stretch or yoga
<b>Week 12</b>	Ab workout B & 30 min jog	1 hour jog or hill walk/jog	Leg workout B & 30 min walk/jog	1 hour jog or hill walk/jog	Arm workout B & 60 min walk/jog	1 hour jog or hill walk/jog	2 hour regular walk & 30 min stretch or yoga