



Bridal Boot Camp - Intermediate Plan

12 week Exercise Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1 hour jog	Arm workout A & 40 min jog	Rest	Ab workout A & 30 min jog	1 hour jog	Leg workout A & 30 min jog	1 hour regular pace walk & 30 min stretch or Yoga
Week 2	Arm workout A & 40 min jog	1 hour jog	Rest	Leg workout A & 30 min jog	1 hour jog	Ab workout A & 30 min jog	1 hour regular pace walk & 30 min stretch or Yoga
Week 3	1 hour jog	Arm workout A & 40 min jog	Rest	Ab workout A & 30 min jog	1 hour jog	Leg workout A & 30 min jog	1 hour regular pace walk & 30 min stretch or Yoga
Week 4	1 hour jog	Ab workout A & 30 min jog	1 hour jog	Leg workout A & 30 min jog	1 hour fast paced walk	Arm workout A & 40 min jog	90 min regular walk & 30 min stretch or yoga
Week 5	1 hour jog	Leg workout A & 30 min jog	1 hour jog	Ab workout A & 30 min jog	Arm workout A & 40 min jog	1 hour fast paced walk	90 min regular walk & 30 min stretch or yoga
Week 6	Leg workout A & 30 min jog	1 hour jog	Arm workout A & 40 min jog	1 hour fast paced walk	1 hour jog	Ab workout A & 30 min jog	90 min regular walk & 30 min stretch or yoga
Week 7	1 hour jog	Arm workout A & 40 min jog	1 hour jog	Leg workout A & 30 min jog	1 hour jog	Ab workout A & 30 min jog	90 min regular walk & 30 min stretch or yoga
Week 8	Leg workout B & 30 min walk/jog	1 hour jog	Ab workout B & 30 min fast paced walk	1 hour jog	Arm workout B & 40 min walk/jog	1 hour jog	90 min regular walk & 30 min stretch or yoga
Week 9	1 hour jog	Arm workout B & 40 min walk/jog	1 hour jog	Leg workout B & 30 min walk/jog	Ab workout B & 30 min fast paced walk	1 hour jog	90 min regular walk & 30 min stretch or yoga
Week 10	Arm workout B & 60 min jog	1 hour jog or hill sprints for 30 mins	Ab workout B & 30 min jog	1 hour jog or hill sprints for 30 mins	Leg workout B & 30 min jog	1 hour jog or hill sprints for 30 mins	2 hour regular walk & 30 min stretch or yoga
Week 11	1 hour jog or hill sprints for 30 mins	Ab workout B & 30 min jog	1 hour jog or hill sprints for 30 mins	Arm workout B & 60 min jog	Leg workout B & 30 min jog	1 hour jog or hill sprints for 30 mins	2 hour regular walk & 30 min stretch or yoga
Week 12	Ab workout B & 30 min jog	1 hour jog or hill walk/jog	Leg workout B & 30 min jog	1 hour jog or hill sprints for 30 mins	Arm workout B & 60 min jog	1 hour jog or hill sprints for 30 mins	2 hour regular walk & 30 min stretch or yoga