

HEALTH AND FITNESS TRAINING

Weight Loss and Toning Training

<p>DAY 1</p>	<p>Lifting: Personal Training:</p>
<p>DAY 2</p>	<p>Cardio: 20-30 minutes Moderate: Use 2 different machines and stretch</p> <p>Cardio (on your own): *Or any other form of cardio you choose to do* Select from one of the cardio programs: Burnin' Up Run like the wind Butt Blaster Step it Up Sweatin' from Head to Toe Triple Threat Walk it Out</p>
<p>DAY 3</p>	<p>Nutrition Notes:</p>
<p>DAY 4</p>	<p>Lifting: Personal Training:</p> <p>Cardio: 20-30 minutes Moderate: Use 2 different machines and stretch</p> <p>Cardio (on your own): *Or any other form of cardio you choose to do* Select from one of the cardio programs: Burnin' Up Run like the wind Butt Blaster Step it Up Sweatin' from Head to Toe Triple Threat Walk it Out</p>
<p>DAY 4</p>	<p>Nutrition Notes:</p>

BE ACTIVE 2-3 OTHER DAYS FOR 30-90 MINS!!!