

# PROSPECT



**\*ENTRY LEVEL\***

**\*NO EQUIPMENT REQUIRED\***

**\*12 WEEKS\***

## WHAT IS PROSPECT?

Prospect is our exercise program for the absolute beginner with little to no experience doing ANY kind of a formal exercise program, and is best suited for those who are completely deconditioned and undertrained (read: “out of shape”), or for those who are completely clueless on where to begin and want something simple and easy to start with.

Prospect is a DAILY exercise program designed to transition someone from a sedentary lifestyle to one of regular physical activity. Developed from the *2018 Physical Activity Guidelines for Americans* released by The Office of Disease Prevention and Health Promotion of the U.S. Department of Health and Human Services, this program will gradually progress an individual from zero daily physical activity to above and beyond the current recommended levels of activity to improve and promote health.

Prospect was created to be an extremely simple way for an individual to establish the habit of regular physical activity to achieve the majority of the health benefits of physical activity with the least amount of commitment. As such, this is obviously NOT a performance program. If you have training experience and/or are looking to improve physical performance for a specific goal, **then you should consider another program.**

Prospect consists entirely of walking (flat and incline) and four body weight strengthening exercises (squat, pushup, curl up, and hip bridge). The use of a treadmill is recommended but not required. The program lasts twelve weeks. The first six weeks consists of walking every day and strengthening exercises done three times per week. At the end of the sixth week the trainee will be at the recommended weekly requirements for moderate-intensity physical activity and strengthening exercises. The remaining six weeks consists of daily walking and strengthening exercises, with weekly increases in intensity for the former and volume for the latter. This will place the trainee well above the recommended weekly requirements for physical activity, which the PAG suggests for even further improvements in health.

At the end of the twelve week program the trainee can choose to continue the daily walking and strengthening exercises, or he or she can move on to a more challenging program.

We recommend the latter, hence the name: **PROSPECT.**

## **2018 PHYSICAL ACTIVITY GUIDELINES**

### Scientific Report

The *2018 Physical Activity Guidelines Advisory Committee Scientific Report* is a nearly 800 page report submitted in February 2018 as a follow up to the *Physical Activity Guidelines Advisory Committee Report, 2008*. The seventeen member committee, formed in July 2016, set out to examine the scientific literature, primarily articles published in the last ten years, to confirm, expand, or modify the guidelines set out by the committee in 2008. The following will be a brief summary of a few of the major findings of the 2018 Scientific Report.

- Physically active individuals feel better, function better, and sleep better.
  - Sleep quality improves with physical activity.
  - Executive brain function (planning, organizing, self-monitoring, emotion control, etc.) and other components of cognition improves with physical activity.
  - Physical activity reduces both the risk of clinical depression and depressive symptoms in those with or without clinical depression.
  - Physical activity reduces symptoms of both chronic and acute symptoms of anxiety.
  - Those who are regularly active note improved perceived quality of life.
  - Physical activity improves physical function among individuals of all ages.
  
- Some benefits of physical activity happen immediately.
  - A single bout of moderate-to-vigorous physical activity will...
    - reduce blood pressure.
    - improve insulin sensitivity.
    - improve sleep.
    - reduce anxiety symptoms.
    - improve cognition.
  - Within days to weeks, disease risk reduction and physical function improvement occurs.
  
- Physical Activity reduces the risk of a large number of diseases and conditions.
  - Higher volumes of activity help prevent/minimize excessive weight gain, help maintain weight, and help prevent obesity.
  - Physically active women are less likely to gain excessive weight during pregnancy.
    - Less likely to develop gestational diabetes or postpartum depression.
  - Higher volumes of activity reduce the risk of dementia.
  - Reduced risk of falls and fall related injuries for older adults.
  - Reduced risk of cancers of the breast, colon, bladder, endometrium, esophagus, kidney, lung, and stomach.

-For those with pre-existing chronic conditions, physical activity can reduce the risk of progression and improve quality of life and physical function.

### Physical Activity Recommendations for Adults age 18-64

1 – All adults should avoid inactivity, and some physical activity is better than none.

2 – For the majority of health benefits, adults should do...

...at least 150 minutes per week of moderate-intensity aerobic physical activity, OR

...at least 75 minutes per week of vigorous-intensity aerobic physical activity, OR

...an equivalent combination of moderate- and vigorous-intensity aerobic activity.

*\*Activity should be performed in bouts of at least 10 minutes in duration*

3 – For *additional and more extensive* health benefits, adults should do...

...at least 300 minutes per week of moderate-intensity aerobic physical activity, OR

...at least 150 minutes per week of vigorous-intensity aerobic physical activity, OR

...an equivalent combination of moderate- and vigorous-intensity aerobic activity.

*\*Additional health benefits are gained by engaging in physical activity beyond this point.*

4 – Adults should also include muscle-strengthening activities that involve all major muscle groups, with 2-3 days a week of 2-3 sets of 8-12 repetitions of strength training to volitional fatigue.

#### Notes:

-Moderate-Intensity Aerobic Activity is defined as activity between 3.0 - 6.0 METs.

-Vigorous-Intensity Aerobic Activity is defined as activity above 6.0 METs.

-The majority of potential benefit or risk reduction is achieved by people who perform in the range of 500 to 1,000 MET-minutes per week of aerobic physical activity.

-Individuals who exceed the target range usually achieve even greater health benefits.

-METs = Metabolic Equivalent

Metabolic Equivalent is a measure of exercise intensity based on oxygen consumption, is written as a numeric value, and is given as a ratio of the working metabolic rate to the resting metabolic rate (ie – how hard your aerobic system is working during some type of exercise compared to its level at rest.) 1.0 MET is defined as 1kcal/kg/hour of energy consumed and is an approximation of an individual's metabolic rate at rest. 2.0 METs would be any activity that results in a metabolic rate twice that of the rate at rest, 3.0 METs would be three times the resting rate, and so on. It is important to note that MET values are based on averages, and an individual's actual metabolic rates at given exercise intensity levels are dependent on many different factors. However, using METs as a prescriptive tool is still useful.

The “MET-Minute” value is the product of the exercise intensity (given in METs) multiplied by the total number of minutes exercising at that intensity level. For example, if you walk 20 minutes at an intensity of 3.0 METs, then your MET-minute value is 60. The MET-minute value can therefore be raised by increasing your exercise intensity (METs), by increasing your exercise volume (in minutes), or both. This helps to explain the difference in weekly recommended aerobic exercise volume depending on which type of exercise you choose (moderate-intensity vs vigorous-intensity.)

## PROSPECT PROGRAM OVERVIEW

Prospect is designed from the Physical Activity Guidelines.

Exercise Frequency: Every Day

Exercise Type: Walking (Incline or Flat); Body Weight Resistance Training

Equipment Required: Treadmill for incline walking option (*preferred*)

The first six weeks will progress an individual from zero physical activity to the recommended levels for *the majority of health benefits*:

\*At least 150 minutes per week of moderate-intensity aerobic physical activity

\*At least 1000 weekly Met-Minutes of aerobic physical activity

\*Muscle Strengthening Activities three times per week

The last six weeks will take an individual from a level of training for the *majority of benefits* to a level of training that will provide *additional and more extensive health benefits*:

\*At least 150 minutes per week of vigorous-intensity aerobic physical activity (Option A), OR

At least 300 minutes per week of moderate-intensity aerobic physical activity (Option B)

\*Well over 1000 weekly Met-Minutes of aerobic physical activity

\*Muscle strengthening activities every day

### Aerobic Physical Activity

Pictured below are tables of the two walking programs and the resistance training program. A daily workout schedule for all twelve weeks is included at the end of this guide, but these tables are included in the overview to illustrate how each program progresses. Option A is the preferred walking program, but it requires the use of a treadmill. If no treadmill is available, use Option B.

The exercise variables are the duration of each session (in minutes), the speed at which you walk (in mph), and the incline at which you walk (in % grade). The metabolic equivalent (METs) is a proxy of exercise intensity, and it is based off of averages of metabolic rates at different treadmill speeds and inclines. MET-Minutes are the product of how long you train (duration in minutes) and how hard you train (METs). The exercise type is based off of the metabolic equivalent value.

The first six weeks of training is the same for both options. Speed is kept constant at 3.0mph while the duration of each session increases each week for the first four weeks. Weeks five and six have no increase in duration, but the speed increases each week.

Walking Program (Option A) - Treadmill required									
Week	Frequency	Duration (Minutes)	Weekly Minutes	Speed (mph)	Incline % Grade	METs	Daily MET-minutes	Weekly MET-minutes	Type
1	Every Day	15	105	3.0	0	3.3	49.5	346.5	Moderate-Intensity
2	Every Day	20	140	3.0	0	3.3	66.0	462.0	Moderate-Intensity
3	Every Day	25	175	3.0	0	3.3	82.5	577.5	Moderate-Intensity
4	Every Day	30	210	3.0	0	3.3	99.0	693.0	Moderate-Intensity
5	Every Day	30	210	3.5	0	3.7	111.0	777.0	Moderate-Intensity
6	Every Day	30	210	4.0	0	4.9	147.0	1029.0	Moderate-Intensity
7	Every Day	30	210	4.0	1	5.4	162.0	1134.0	Moderate-Intensity
8	Every Day	30	210	4.0	2	6.0	180.0	1260.0	Moderate-Intensity
9	Every Day	30	210	4.0	3	6.5	195.0	1365.0	Vigorous-Intensity
10	Every Day	30	210	4.0	4	7.1	213.0	1491.0	Vigorous-Intensity
11	Every Day	30	210	4.0	5	7.6	228.0	1596.0	Vigorous-Intensity
12	Every Day	30	210	4.0	6	8.2	246.0	1722.0	Vigorous-Intensity

For Option A, starting in Week 7, the duration of each session stays the same (30 minutes), but the workout increases in difficulty by increasing the grade (incline) of the treadmill each week. The increase in the grade increases the metabolic equivalent, and by Week 9 the exercise type transitions from Moderate-Intensity to Vigorous Intensity. Option A is preferred because it 1) saves on time, and 2) involves a higher intensity of exercise.

Walking Program (Option B) - No Equipment Required									
Week	Frequency	Duration (Minutes)	Weekly Minutes	Speed (mph)	Incline %	METs	Daily MET-minutes	Weekly MET-minutes	Type
1	Every Day	15	105	3.0mph	0	3.3	49.5	346.5	Moderate-Intensity
2	Every Day	20	140	3.0mph	0	3.3	66.0	462.0	Moderate-Intensity
3	Every Day	25	175	3.0mph	0	3.3	82.5	577.5	Moderate-Intensity
4	Every Day	30	210	3.0mph	0	3.3	99.0	693.0	Moderate-Intensity
5	Every Day	30	210	3.5mph	0	3.7	111.0	777.0	Moderate-Intensity
6	Every Day	30	210	4.0mph	0	4.9	147.0	1029.0	Moderate-Intensity
7	Every Day	35	245	4.0mph	0	4.9	171.5	1200.5	Moderate-Intensity
8	Every Day	40	280	4.0mph	0	4.9	196.0	1372.0	Moderate-Intensity
9	Every Day	45	315	4.0mph	0	4.9	220.5	1543.5	Moderate-Intensity
10	Every Day	50	350	4.0mph	0	4.9	245.0	1715.0	Moderate-Intensity
11	Every Day	55	385	4.0mph	0	4.9	269.5	1886.5	Moderate-Intensity
12+	Every Day	60	420	4.0mph	0	4.9	294.0	2058.0	Moderate-Intensity

For Option B, starting in Week 7, the intensity remains the same (no change in speed or grade), but the workout duration increases each week. Option B workouts will take longer and only utilize moderate-intensity activity. However, one does have the option of splitting the daily walk into two or more sessions, as long as each session is at least ten minutes in duration.

Both Option A and Option B have weekly increases in MET-Minutes that are comparable and both fall within the recommended guidelines. The difference between the two options is that Option A has increases in exercise intensity (METs) while Option B has increases in exercise volume (Duration).

## Resistance Training

Below is the table for the resistance training program. There are only four exercises. These four were chosen because they require no equipment but they still train nearly every muscle in the body. For the first six weeks, you will only do these exercises three times per week. A common recommendation is to complete these workouts on Mondays, Wednesdays, and Fridays (any combination will work, however). For the last six weeks, you will do these exercises every day.

Since you will be using only your body weight and not any external resistance, the only way to progress the program will be to increase the amount of volume (sets/reps/more training days) each week. You can see the weekly volume progression of total repetitions per exercise per week in the last column.

### Exercise Technique Links:

Squat - [https://www.youtube.com/watch?v=C\\_VtOYc6j5c](https://www.youtube.com/watch?v=C_VtOYc6j5c)

Pushup - <https://www.youtube.com/watch?v=M7fWdJlDxPQ>

Curl Up - <https://www.youtube.com/watch?v=h1qxPsQORW4>

Hip Bridge - [https://www.youtube.com/watch?v=-93Re0WUI\\_4](https://www.youtube.com/watch?v=-93Re0WUI_4)



Body Weight Resistance Training Program - No Equipment Required								
Week	Frequency		Volume				Rest Between Sets	Weekly Volume
			Squat	Pushup	Curl Up	Hip Bridge		
1	3x / Week	Workout 1	1x8	1x8	1x8	1x8	<45 seconds	26
		Workout 2	1x8	1x8	1x8	1x8	<45 seconds	
		Workout 3	1x10	1x10	1x10	1x10	<45 seconds	
2	3x / Week	Workout 1	1x10	1x10	1x10	1x10	<45 seconds	34
		Workout 2	1x12	1x12	1x12	1x12	<45 seconds	
		Workout 3	1x12	1x12	1x12	1x12	<45 seconds	
3	3x / Week	Workout 1	2x8	2x8	2x8	2x8	<45 seconds	52
		Workout 2	2x8	2x8	2x8	2x8	<45 seconds	
		Workout 3	2x10	2x10	2x10	2x10	<45 seconds	
4	3x / Week	Workout 1	2x10	2x10	2x10	2x10	<45 seconds	68
		Workout 2	2x12	2x12	2x12	2x12	<45 seconds	
		Workout 3	2x12	2x12	2x12	2x12	<45 seconds	
5	3x / Week	Workout 1	3x8	3x8	3x8	3x8	<45 seconds	78
		Workout 2	3x8	3x8	3x8	3x8	<45 seconds	
		Workout 3	3x10	3x10	3x10	3x10	<45 seconds	
6	3x / Week	Workout 1	3x10	3x10	3x10	3x10	<45 seconds	102
		Workout 2	3x12	3x12	3x12	3x12	<45 seconds	
		Workout 3	3x12	3x12	3x12	3x12	<45 seconds	
7	Every Day		2x8	2x8	2x8	2x8	<45 seconds	112
8	Every Day		2x10	2x10	2x10	2x10	<45 seconds	140
9	Every Day		2x12	2x12	2x12	2x12	<45 seconds	168
10	Every Day		3x10	3x10	3x10	3x10	<45 seconds	210
11	Every Day		3x12	3x12	3x12	3x12	<45 seconds	252
12	Every Day		3x15	3x15	3x15	3x15	<45 seconds	315
Prescription is SETS x REPS								

### Finishing Prospect

Prospect is designed to be the simplest training program one can follow that still falls within the recommended guidelines for physical activity. While it is comprehensive, it does have limitations, particularly with the resistance training. A more effective resistance training program would utilize a wider variety of exercises, and it would incorporate some form of external resistance. Such a program would require more equipment, however, and we wanted this program accessible to everyone. We recommend that, once you successfully complete Prospect, you transition to a training program that utilizes more exercise variety and external resistance options.

## WEEKLY TRAINING SCHEDULE

<b>WEEK 1</b>	
Sunday	Walk x 15min at 3.0mph at 0% Incline
Monday	Walk x 15min at 3.0mph at 0% Incline  Squat: 1 set of 8 reps Pushup: 1 set of 8 reps Curl Up: 1 set of 8 reps Hip Bridge: 1 set of 8 reps
Tuesday	Walk x 15min at 3.0mph at 0% Incline
Wednesday	Walk x 15min at 3.0mph at 0% Incline  Squat: 1 set of 8 reps Pushup: 1 set of 8 reps Curl Up: 1 set of 8 reps Hip Bridge: 1 set of 8 reps
Thursday	Walk x 15min at 3.0mph at 0% Incline
Friday	Walk x 15min at 3.0mph at 0% Incline  Squat: 1 set of 10 reps Pushup: 1 set of 10 reps Curl Up: 1 set of 10 reps Hip Bridge: 1 set of 10 reps
Saturday	Walk x 15min at 3.0mph at 0% Incline

<b>WEEK 2</b>	
Sunday	Walk x 20min at 3.0mph at 0% Incline
Monday	Walk x 20min at 3.0mph at 0% Incline  Squat: 1 set of 10 reps Pushup: 1 set of 10 reps Curl Up: 1 set of 10 reps Hip Bridge: 1 set of 10 reps
Tuesday	Walk x 20min at 3.0mph at 0% Incline
Wednesday	Walk x 20min at 3.0mph at 0% Incline  Squat: 1 set of 12 reps Pushup: 1 set of 12 reps Curl Up: 1 set of 12 reps Hip Bridge: 1 set of 12 reps
Thursday	Walk x 20min at 3.0mph at 0% Incline
Friday	Walk x 20min at 3.0mph at 0% Incline  Squat: 1 set of 12 reps Pushup: 1 set of 12 reps Curl Up: 1 set of 12 reps Hip Bridge: 1 set of 12 reps
Saturday	Walk x 20min at 3.0mph at 0% Incline

<b>WEEK 3</b>	
Sunday	Walk x 25min at 3.0mph at 0% Incline
Monday	Walk x 25min at 3.0mph at 0% Incline  Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps
Tuesday	Walk x 25min at 3.0mph at 0% Incline
Wednesday	Walk x 25min at 3.0mph at 0% Incline  Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps
Thursday	Walk x 25min at 3.0mph at 0% Incline
Friday	Walk x 25min at 3.0mph at 0% Incline  Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps
Saturday	Walk x 25min at 3.0mph at 0% Incline

<b>WEEK 4</b>	
Sunday	Walk x 30min at 3.0mph at 0% Incline
Monday	Walk x 30min at 3.0mph at 0% Incline  Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps
Tuesday	Walk x 30min at 3.0mph at 0% Incline
Wednesday	Walk x 30min at 3.0mph at 0% Incline  Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps
Thursday	Walk x 30min at 3.0mph at 0% Incline
Friday	Walk x 30min at 3.0mph at 0% Incline  Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps
Saturday	Walk x 30min at 3.0mph at 0% Incline

<b>WEEK 5</b>	
Sunday	Walk x 30min at 3.5mph at 0% Incline
Monday	Walk x 30min at 3.5mph at 0% Incline  Squat: 3 sets of 8 reps Pushup: 3 sets of 8 reps Curl Up: 3 sets of 8 reps Hip Bridge: 3 sets of 8 reps
Tuesday	Walk x 30min at 3.5mph at 0% Incline
Wednesday	Walk x 30min at 3.5mph at 0% Incline  Squat: 3 sets of 8 reps Pushup: 3 sets of 8 reps Curl Up: 3 sets of 8 reps Hip Bridge: 3 sets of 8 reps
Thursday	Walk x 30min at 3.5mph at 0% Incline
Friday	Walk x 30min at 3.5mph at 0% Incline  Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps
Saturday	Walk x 30min at 3.5mph at 0% Incline

<b>WEEK 6</b>	
Sunday	Walk x 30min at 4.0mph at 0% Incline
Monday	Walk x 30min at 4.0mph at 0% Incline  Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps
Tuesday	Walk x 30min at 4.0mph at 0% Incline
Wednesday	Walk x 30min at 4.0mph at 0% Incline  Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps
Thursday	Walk x 30min at 4.0mph at 0% Incline
Friday	Walk x 30min at 4.0mph at 0% Incline  Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps
Saturday	Walk x 30min at 4.0mph at 0% Incline

<b>WEEK 7</b>	
Sunday	Walk x 30min at 4.0mph at 1% Incline <b>OR</b> Walk x 35min at 4.0mph at 0% Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps
Monday	Walk x 30min at 4.0mph at 1% Incline <b>OR</b> Walk x 35min at 4.0mph at 0% Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps
Tuesday	Walk x 30min at 4.0mph at 1% Incline <b>OR</b> Walk x 35min at 4.0mph at 0% Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps
Wednesday	Walk x 30min at 4.0mph at 1% Incline <b>OR</b> Walk x 35min at 4.0mph at 0% Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps
Thursday	Walk x 30min at 4.0mph at 1% Incline <b>OR</b> Walk x 35min at 4.0mph at 0% Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps
Friday	Walk x 30min at 4.0mph at 1% Incline <b>OR</b> Walk x 35min at 4.0mph at 0% Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps
Saturday	Walk x 30min at 4.0mph at 1% Incline <b>OR</b> Walk x 35min at 4.0mph at 0% Squat: 2 sets of 8 reps Pushup: 2 sets of 8 reps Curl Up: 2 sets of 8 reps Hip Bridge: 2 sets of 8 reps



<b>WEEK 8</b>	
Sunday	Walk x 30min at 4.0mph at 2% Incline <b>OR</b> Walk x 40min at 4.0mph at 0% Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps
Monday	Walk x 30min at 4.0mph at 2% Incline <b>OR</b> Walk x 40min at 4.0mph at 0% Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps
Tuesday	Walk x 30min at 4.0mph at 2% Incline <b>OR</b> Walk x 40min at 4.0mph at 0% Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps
Wednesday	Walk x 30min at 4.0mph at 2% Incline <b>OR</b> Walk x 40min at 4.0mph at 0% Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps
Thursday	Walk x 30min at 4.0mph at 2% Incline <b>OR</b> Walk x 40min at 4.0mph at 0% Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps
Friday	Walk x 30min at 4.0mph at 2% Incline <b>OR</b> Walk x 40min at 4.0mph at 0% Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps
Saturday	Walk x 30min at 4.0mph at 2% Incline <b>OR</b> Walk x 40min at 4.0mph at 0% Squat: 2 sets of 10 reps Pushup: 2 sets of 10 reps Curl Up: 2 sets of 10 reps Hip Bridge: 2 sets of 10 reps

<b>WEEK 9</b>	
Sunday	Walk x 30min at 4.0mph at 3% Incline <b>OR</b> Walk x 45min at 4.0mph at 0% Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps
Monday	Walk x 30min at 4.0mph at 3% Incline <b>OR</b> Walk x 45min at 4.0mph at 0% Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps
Tuesday	Walk x 30min at 4.0mph at 3% Incline <b>OR</b> Walk x 45min at 4.0mph at 0% Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps
Wednesday	Walk x 30min at 4.0mph at 3% Incline <b>OR</b> Walk x 45min at 4.0mph at 0% Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps
Thursday	Walk x 30min at 4.0mph at 3% Incline <b>OR</b> Walk x 45min at 4.0mph at 0% Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps
Friday	Walk x 30min at 4.0mph at 3% Incline <b>OR</b> Walk x 45min at 4.0mph at 0% Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps
Saturday	Walk x 30min at 4.0mph at 3% Incline <b>OR</b> Walk x 45min at 4.0mph at 0% Squat: 2 sets of 12 reps Pushup: 2 sets of 12 reps Curl Up: 2 sets of 12 reps Hip Bridge: 2 sets of 12 reps

<b>WEEK 10</b>	
Sunday	Walk x 30min at 4.0mph at 4% Incline <b>OR</b> Walk x 50min at 4.0mph at 0% Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps
Monday	Walk x 30min at 4.0mph at 4% Incline <b>OR</b> Walk x 50min at 4.0mph at 0% Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps
Tuesday	Walk x 30min at 4.0mph at 4% Incline <b>OR</b> Walk x 50min at 4.0mph at 0% Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps
Wednesday	Walk x 30min at 4.0mph at 4% Incline <b>OR</b> Walk x 50min at 4.0mph at 0% Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps
Thursday	Walk x 30min at 4.0mph at 4% Incline <b>OR</b> Walk x 50min at 4.0mph at 0% Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps
Friday	Walk x 30min at 4.0mph at 4% Incline <b>OR</b> Walk x 50min at 4.0mph at 0% Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps
Saturday	Walk x 30min at 4.0mph at 4% Incline <b>OR</b> Walk x 50min at 4.0mph at 0% Squat: 3 sets of 10 reps Pushup: 3 sets of 10 reps Curl Up: 3 sets of 10 reps Hip Bridge: 3 sets of 10 reps

<b>WEEK 11</b>	
Sunday	Walk x 30min at 4.0mph at 5% Incline <b>OR</b> Walk x 55min at 4.0mph at 0% Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps
Monday	Walk x 30min at 4.0mph at 5% Incline <b>OR</b> Walk x 55min at 4.0mph at 0% Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps
Tuesday	Walk x 30min at 4.0mph at 5% Incline <b>OR</b> Walk x 55min at 4.0mph at 0% Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps
Wednesday	Walk x 30min at 4.0mph at 5% Incline <b>OR</b> Walk x 55min at 4.0mph at 0% Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps
Thursday	Walk x 30min at 4.0mph at 5% Incline <b>OR</b> Walk x 55min at 4.0mph at 0% Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps
Friday	Walk x 30min at 4.0mph at 5% Incline <b>OR</b> Walk x 55min at 4.0mph at 0% Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps
Saturday	Walk x 30min at 4.0mph at 5% Incline <b>OR</b> Walk x 55min at 4.0mph at 0% Squat: 3 sets of 12 reps Pushup: 3 sets of 12 reps Curl Up: 3 sets of 12 reps Hip Bridge: 3 sets of 12 reps

<b>WEEK 12</b>	
Sunday	Walk x 30min at 4.0mph at 6% Incline <b>OR</b> Walk x 60min at 4.0mph at 0% Squat: 3 sets of 15 reps Pushup: 3 sets of 15 reps Curl Up: 3 sets of 15 reps Hip Bridge: 3 sets of 15 reps
Monday	Walk x 30min at 4.0mph at 6% Incline <b>OR</b> Walk x 60min at 4.0mph at 0% Squat: 3 sets of 15 reps Pushup: 3 sets of 15 reps Curl Up: 3 sets of 15 reps Hip Bridge: 3 sets of 15 reps
Tuesday	Walk x 30min at 4.0mph at 6% Incline <b>OR</b> Walk x 60min at 4.0mph at 0% Squat: 3 sets of 15 reps Pushup: 3 sets of 15 reps Curl Up: 3 sets of 15 reps Hip Bridge: 3 sets of 15 reps
Wednesday	Walk x 30min at 4.0mph at 6% Incline <b>OR</b> Walk x 60min at 4.0mph at 0% Squat: 3 sets of 15 reps Pushup: 3 sets of 15 reps Curl Up: 3 sets of 15 reps Hip Bridge: 3 sets of 15 reps
Thursday	Walk x 30min at 4.0mph at 6% Incline <b>OR</b> Walk x 60min at 4.0mph at 0% Squat: 3 sets of 15 reps Pushup: 3 sets of 15 reps Curl Up: 3 sets of 15 reps Hip Bridge: 3 sets of 15 reps
Friday	Walk x 30min at 4.0mph at 6% Incline <b>OR</b> Walk x 60min at 4.0mph at 0% Squat: 3 sets of 15 reps Pushup: 3 sets of 15 reps Curl Up: 3 sets of 15 reps Hip Bridge: 3 sets of 15 reps
Saturday	Walk x 30min at 4.0mph at 6% Incline <b>OR</b> Walk x 60min at 4.0mph at 0% Squat: 3 sets of 15 reps Pushup: 3 sets of 15 reps Curl Up: 3 sets of 15 reps Hip Bridge: 3 sets of 15 reps

## **SOURCES**

1. 2018 Physical Activity Guidelines Advisory Committee. 2018 Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DC: U.S. Department of Health and Human Services, 2018.
2. Walk / Run Metabolic Calculator. (n.d.). Retrieved from <https://exrx.net/Calculators/WalkRunMETs>