

90-Day Exercise Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 2	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 3	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 4	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 5	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 6	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 7	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 8	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 9	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 10	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 11	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 12	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off

Drink NEUROTM in water 30 minutes before your workout or as a part of one your snacks for the day. Please visit www.visalus.com to schedule your workouts and view videos for strength (arms, back, legs, abs, etc.), cardio and flexibility training.

90-Day Walking Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	15-min. Easy Walk	15-min. Brisk Walk (increase pace slightly)	20-min. Easy Walk	Day Off	Day Off	Day Off	Day Off
Week 2	20-min. Easy Walk	15-min. Brisk Walk	20-min. Easy Walk	20-min. Brisk Walk	Day Off	Day Off	Day Off
Week 3	25-min. Easy Walk	Day Off	20-min. Easy Walk	15-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	Day Off	Day Off	Day Off
Week 4	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	25-min. Easy Walk	15-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	Day Off	Day Off	Day Off
Week 5	35-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off
Week 6	35-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off
Week 7	35-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	15-min. walk (choice of easy, brisk or switch)
Week 8	35-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off
Week 9	35-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	15-min. walk (choice of easy, brisk or switch)
Week 10	35-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off
Week 11	35-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	15-min. walk (choice of easy, brisk or switch)
Week 12	35-min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30-min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off

Drink NEURO™ in water 30 minutes before your workout or as a part of one your snacks for the day. Please visit www.visalus.com for strength and flexibility training videos to enhance your walking workouts.