

# Try This Work Out for a Week:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Take it easy Do some light yard work or go for a light walk</p>	<p><b>CARDIO:</b> 40 min cardio: 60-70% max HR</p> <p><b>WEIGHTS:</b> -2x10 Nautilus Leg Press -2x10 Cybex Chest Press -2x10 Cybex Row -1 min Plank -20 crunches on ball -superman on Bosu</p>	<p><b>CARDIO:</b> 50 min cardio: 60-65% max HR</p> <p>Pilates And/or Ball Rolling</p>	<p>Step Freestyle And/or Yopalates</p>	<p><b>CARDIO:</b> 30min cardio: Try intervals: Alternate 2min above 70%max HR With 2min below 50% max HR</p> <p>Power Pump</p>	<p><b>CARDIO:</b> 40min cardio: 60-70%max HR</p> <p>Power Yoga</p>	<p>Hike, Bike, Run, Walk, Swim, or just Play!</p>