



FOR THE NEXT 8 WEEKS - FOLLOW THE ACTION PLAN LISTED BELOW.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	ASSESSMENT 1	Hip EMF	WORKOUT A	WALK 1 MILE Hip EMF	WORKOUT B	WALK 1 MILE Hip EMF	OFF DAY PLAY 18
2	WORKOUT A	WALK 1 MILE Hip EMF	WORKOUT B	WALK 1 MILE Hip EMF	WORKOUT C	WALK 1 MILE Hip EMF	ASSESSMENT 2 PLAY 18
3	WORKOUT A	WALK 1 MILES Hip EMF	WORKOUT B	WALK 1 MILE Hip EMF	WORKOUT C	WALK 1 MILE Hip EMF	OFF DAY PLAY 18
4	WORKOUT A	WALK 2 MILES Hip EMF	WORKOUT B	WALK 2 MILES Hip EMF	WORKOUT C	WALK 2 MILES Hip EMF	ASSESSMENT 3 PLAY 18
5	WORKOUT A	WALK 2 MILES EMF 1	WORKOUT B	WALK 2 MILES Hip EMF	WORKOUT C	WALK 2 MILES EMF 1	OFF DAY PLAY 18
6	WORKOUT A	WALK 2 MILES Hip EMF	WORKOUT B	WALK 2 MILES EMF 1	WORKOUT C	WALK 2 MILES Hip EMF	ASSESSMENT 4 PLAY 18
7	WORKOUT A	WALK 3 MILES EMF 1	WORKOUT B	WALK 3 MILES Hip EMF	WORKOUT C	WALK 3 MILES EMF 1	OFF DAY PLAY 18
8	WORKOUT A	WALK 3 MILES Hip EMF	WORKOUT B	WALK 3 MILES EMF 1	WORKOUT C	WALK 3 MILES Hip EMF	FINAL ASSESSMENT

NEXT: START GOLF BODY CHALLENGE TO KEEP PROGRESSING.



CONSULT YOUR PHYSICIAN AND FOLLOW ALL SAFETY INSTRUCTIONS BEFORE BEGINNING THIS HIGH INTENSITY AND PHYSICALLY DEMANDING EXERCISE PROGRAM AND NUTRITION PLAN.

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