

Reset & Rise Community Resource

Weekly Workout

The Bare Minimum:

2 Workouts/week*

Monday: Resistance Workout 1 + Cardio

Tuesday: Off

Wednesday: Off

Thursday: Resistance Workout 2 + Cardio

Friday: Off

Saturday: Off

Sunday: Off

*Walk everyday

The Beginner:

3 Workouts/week*

Monday: Resistance Workout 1 + Cardio

Tuesday: Off

Wednesday: Resistance Workout 2 + Cardio

Thursday: Off

Friday: Resistance Workout 3 + Cardio

Saturday: Off

Sunday: Off

*Walk everyday

The Intermediate:

4 Workouts/week*

Monday: Resistance Workout 1 + Interval Cardio

Tuesday: Off

Wednesday: Resistance Workout 2 + Cardio

Thursday: Off

Friday: Resistance Workout 3 + Interval Cardio

Saturday: Yoga or Steady-State Cardio

Sunday: Off

*Walk everyday

The Advanced:

5 Workouts/week*

Monday: Resistance Workout 1 + Cardio

Tuesday: Interval Training

Wednesday: Off

Thursday: Resistance Workout 2 + Cardio

Friday: Interval Training

Saturday: Resistance Workout 3 + Cardio

Sunday: Off

*Walk everyday