

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	CARDIO: <u>Easy Total Body Ball Workout</u>	STRENGTH: <u>Easy Total Body Workout</u>	Rest	CARDIO: <u>Easy Total Body Ball Workout</u>	STRENGTH: <u>Easy Total Body Workout</u>	CORE: <u>Quick and Easy Core Workout</u>	FLEXIBILITY: <u>Soothing Stretch Workout</u>
Week 2	CARDIO: <u>Medicine Ball Fun</u>	STRENGTH: <u>Joint Friendly Total Body Workout</u>	FLEXIBILITY: <u>Soothing Stretch Workout</u>	CARDIO: <u>Medicine Ball Fun</u>	STRENGTH: <u>Joint Friendly Total Body Workout</u>		CORE: <u>Quick and Easy Core Workout</u>
Week 3	CARDIO: <u>Easy Total Body Ball Workout</u>	FLEXIBILITY: <u>Soothing Stretch Workout</u>		CARDIO: <u>Medicine Ball Fun</u>	STRENGTH: <u>Easy Total Body Workout</u>	CORE: <u>Quick and Easy Core Workout</u>	
Week 4	STRENGTH: <u>Joint Friendly Total Body Workout</u>	CARDIO: <u>Easy Total Body Ball Workout</u>	STRENGTH: <u>Joint Friendly Total Body Workout</u>	CARDIO: <u>Medicine Ball Fun</u>	STRENGTH: <u>Joint Friendly Total Body Workout</u>		CORE: <u>Quick and Easy Core Workout and Soothing Stretch Workout</u>

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