HEALTHY TIPS

21-Day Walking Plan for a Fast Loss of Fat & Weight Loss

By bestfolkmedicine · 25/12/2018 · 2 min read



If you are tired of complicated and complex weight loss methods, you have come to the right place. There is no simpler weight loss method than this 21-day walking plan. Created by Galina Denzel, a certified personal trainer, this plan is comprised of weekly challenges that need to be met.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Denzel claims that in a period of 21 days, you will not just lose surplus weight and body fat, but also boost your energy levels and enhance your lean muscles. Let us check out the plan together below.

21-Day Walking Plan

*easy-feels like a stroll

*moderate- increase in pace, but still more similar to a stroll

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

*brisk- during a brisk talk, the pace is much faster and talking is not so easy

Week Number 1

Day 1

5 minutes in the morning

5 minutes in the evening

Day 2

7 minutes in the morning

7 minutes in the evening

Day 3

9 minutes in the morning

9 minutes in the evening

Day 4

10 minutes in the morning

10 minutes in the evening

Day 5

12 minutes in the morning

12 minutes in the evening

Day 6

15 minutes in the morning

15 minutes in the evening

Day 7

18 minutes in the morning

18 minutes in the evening

*walk at an easy or moderate pace

Week Number 2

Day 8

2 minutes of easy walking, 10 minutes of brisk walking, 2 minutes of easy walking

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Day 9

20 minutes of moderate walking

Day 10

5 minutes easy, 12 minutes brisk, 5 minutes easy

Day 11

20 minutes moderate

Day 12

5 minutes easy, 15 minutes brisk, 5 minutes easy

Day 13

20 minutes moderate

Day 14

5 minutes easy, 18 minutes brisk, 5 minutes easy

Week Number 3

Day 15

10 minutes of walking stairs up and down, 2 minutes of easy walking

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Day 16

25 minutes of moderate

Day 17

12 minutes of stairs, 3 minutes of brisk walking

Day 18

25 minutes of moderate walking

Day 19

20 minutes of hill walking or on a treadmill, 3 minutes easy

Day 20

25 minutes moderate, 2 sets of squats

Day 21

20 minutes brisk, 3 minutes easy

Sources:

THE HEARTY SOUL

WOMAN'S DAY

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