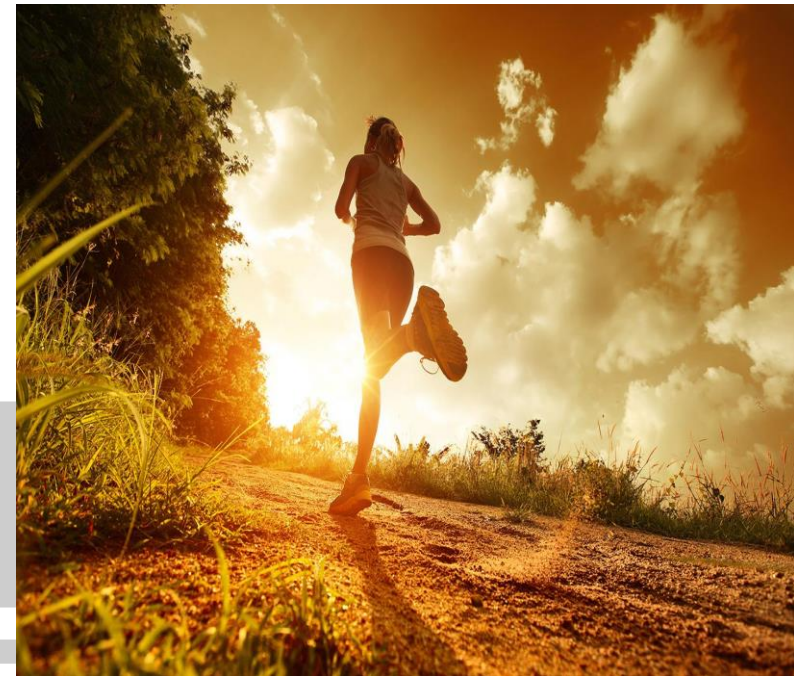


# **BODY REVIVAL**

## **Personal Fitness Solutions**

This beginners program is designed to increase cardio output and endurance whilst also working on form and technique. The program is based on steps taken, so counting out the amount of step taken will indicate where you are within the program. Everyone's stride is different so if you are doing this with a friend, then just have one person count the steps taken.

<i>Warm up</i>	
<i>5 min walk combined with some dynamic and static stretching</i>	
<i>Running</i>	<i>Walking</i>
20	20
40	20
60	20
80	20
100	20
80	20
60	20
40	20
20	20
<i>Repeat this process 3 times</i>	
<i>Cool down</i>	
<i>5 minute cool down walk combined with static stretching</i>	



Don't forget to check out our website for more free information

[www.bodyrevival.net.au](http://www.bodyrevival.net.au)

**7** DAY  
FREE  
TRIAL

**FREE**  
Weightloss  
Meal Plan