



WHOLE EARTH. WONDER-FUEL WORKOUTS

— with Jackie & Mark Wren —



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	15 min run * Legs	Cardio Arms	30 min run */cycle	Legs Cardio abs	Abs blast	20 min run *	Rest
2	20 min run * Legs	Cardio Arms	30 min run */cycle	Legs Cardio abs Arms	Abs blast	20 min run *	Rest
3	20 min run * Legs Cardio abs	Cardio Arms	35 min run */cycle	Legs Cardio abs Arms	Abs blast Legs	20 min run *	Rest
4	20 min run * Legs Cardio box	Cardio Arms	35 min run */cycle	Legs Cardio abs Arms	Abs blast Legs	20 min run *	Rest
5	15 min run * Legs Cardio box	Cardio Arms	40 min run */cycle	Legs Cardio abs Arms	Abs blast Legs	20 min run *	Rest
6	15 min run * Legs Cardio box	Cardio Arms	40 min run */cycle	Legs Cardio abs Arms	Abs blast Legs	20 min run *	Rest

Dumbbells required
 Kettlebells required
 * Medium - fast run
 * Slow - medium run
 * 3 min slow, 2 min fast run



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	15 min run * Legs	Cardio Arms	30 min run*/cycle	Legs Cardio abs	Abs blast	20 min run *	Rest
8	20 min run * Legs	Cardio Arms	30 min run*/cycle	Legs Cardio abs Arms	Abs blast	20 min run *	Rest
9	20 min run * Legs Cardio abs	Cardio Arms	35 min run*/cycle	Legs Cardio abs Arms	Abs blast Legs	20 min run *	Rest
10	20 min run * Legs Cardio box	Cardio Arms	35 min run*/cycle	Legs Cardio abs Arms	Abs blast Legs	20 min run *	Rest
11	15 min run * Legs Cardio box	Cardio Arms	40 min run*/cycle	Legs Cardio abs Arms	Abs blast Legs	20 min run *	Rest
12	15 min run * Legs Cardio box	Cardio Arms	40 min run*/cycle	Legs Cardio abs Arms	Abs blast Legs	20 min run *	Rest

Dumbbells required
 Kettlebells required
 Medium - fast run
 Slow - medium run
 3 min slow, 2 min fast run