

WEEK ONE
2 DAYS EXERCISE, ONE DAY REST, THREE DAYS EXERCISE, ONE DAY REST

WEEK ONE	AM	LUNCH	PM
Muscle activation	30 secs on each spot before walks and exercise	30 secs on each spot before walks and exercise	30 secs on each spot before walks and exercise
Weight Shifting	20 reps	20 reps	20 reps
Walks	5-10 mins	Rest	5-10 mins



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