



WHOLE EARTH™ WONDER-FUEL WORKOUTS



— with Jackie & Mark Wren —

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20 min walk/run	Cardio	20 min walk/run	Arms	10 min run	Rest	Rest
2	Arms	10 min run	Cardio	20 min power walk	Legs	Rest	Rest
3	20 min walk/run	Cardio box	Rest	20 min walk/run	Cardio	Legs	20 min walk/run
4	10 min run + Abs blast	Cardio abs	Arms	Rest	20 min run	Legs	Rest
5	10 min run + Abs blast	Legs	10 min walk/run	Rest	Cardio abs	20 min run	Abs blast
6	15 min run	Legs	Rest	Arms	Cardio abs	20 min run	Cardio

Equipment needed: Mat Dumbbells Kettlebells



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	20 min walk/run	Cardio	20 min walk/run	Arms	10 min run	Rest	Rest
8	Arms	10 min run	Cardio	20 min power walk	Legs	Rest	Rest
9	20 min walk/run	Cardio box	Rest	20 min walk/run	Cardio	Legs	20 min walk/run
10	10 min run + Abs blast	Cardio abs	Arms	Rest	20 min run	Legs	Rest
11	10 min run + Abs blast	Legs	10 min walk/run	Rest	Cardio abs	20 min run	Abs blast
12	15 min run	Legs	Rest	Arms	Cardio abs	20 min run	Cardio

Equipment needed: Mat Dumbbells Kettlebells



PROGRESS TRACKER



We all enjoy seeing our fitness levels improving so why not try Jackie & Mark's challenges to keep you motivated. Simply do one or all of the exercises below and see how you improve throughout the 12 week programme

Week	Run 1 mile	No. of press-ups completed in 1 minute	No. of sit-ups completed in 1 minute
1 min		
3 min		
6 min		

Check out Jackie and Marks tips on the [Whole Earth Wonder-Fuel Workout](#) page

