



# 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



# WHOLE EARTH. WONDER-FUEL WORKOUTS

— with Jackie & Mark Wren —



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