



Advanced 4-week walking programme

Engaging in regular exercise can enhance your overall health. Begin gradually and increase the frequency of your workouts as you become more at ease. Please note that this programme is designed for advanced individuals, and you should not attempt these exercises until you are able to comfortably perform the exercises in Programme 1.

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Attempt to go for the recommended walks at least two to three times per week. Here are some suggestions for intense exercises to try at home. Perform each exercise a few times before moving on to the next and try to increase the number of repetitions every week.

It's important to start slowly and gradually increase your intensity over time.

Perform each exercise 2-3 times per week:

	Week 1	Week 2	Week 3	Week 4
Normal Pace	25 Mins	15 Mins	30 Mins	20 Mins
Brisk Walk	-	10 Mins	-	10 Mins
Total Time	25 Mins	25 Mins	30 Mins	30 Mins