

**DAY 30**

## YOU MADE IT!

Your next assignment is to take a week off from strength training (but keep up your cardio by walking, running, or biking). You've earned it, and it'll help your muscles repair and get

ready for your next challenge. After all, "this isn't the end," says Rosante. You're fit enough now to do whatever you want. Starting this routine over again from the beginning is one option: If you work to improve your times, you'll get stronger, and the variety built into it will keep

your fitness from plateauing. But why not sign up for that boxing class you've been intimidated by, or tell your coworker you can join the office kickball team this year? You're in a whole new place now—take advantage and amaze yourself.



*try this!*

## My Workout Log

How'd you do? Track your progress by putting a smiley face over days when you completed your workouts, and an X through any days you skipped. You'll feel great once you see those smileys add up! Abandoned more than half of your workout days? Erase your marks and try the program again.

1	2	3	4	REST	6	7	8	9	REST
11	12	13	14	REST	16	17	18	19	REST
21	22	23	24	REST	26	27	28	29	YOU MADE IT!

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