PAY 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

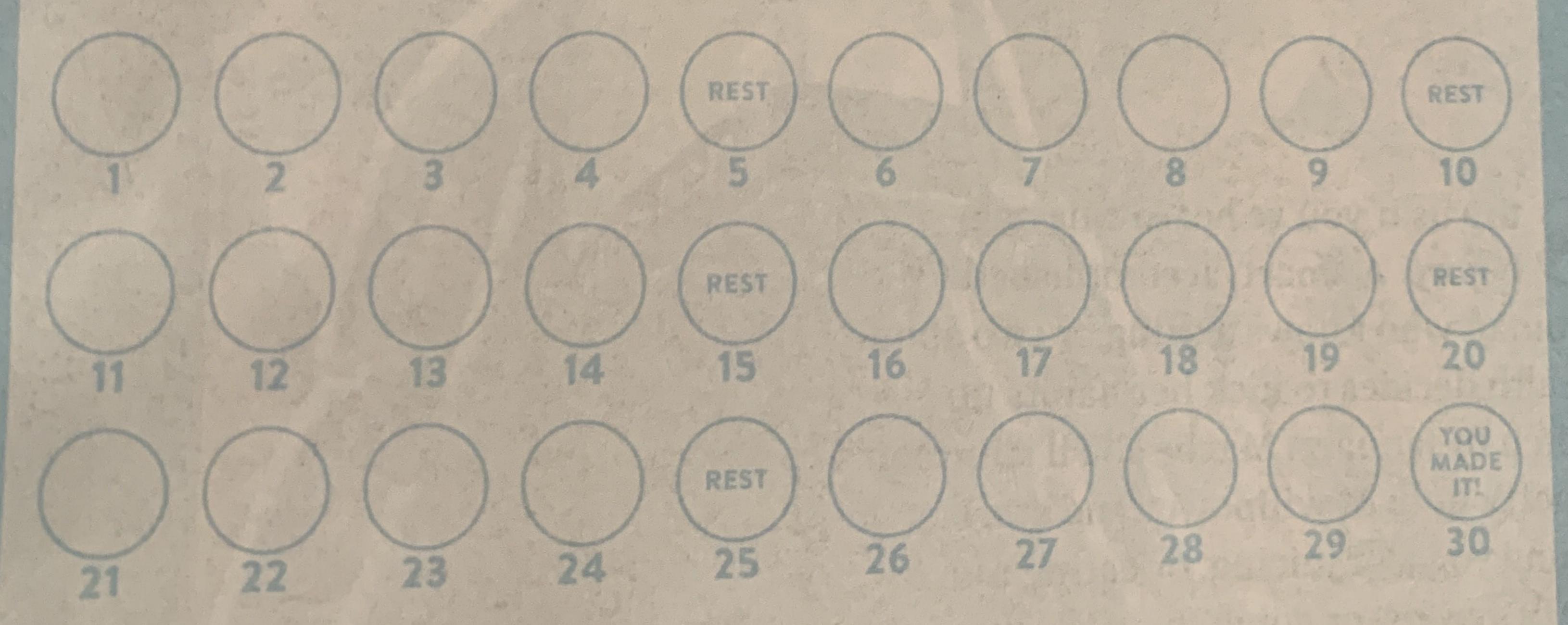
your fitness from plateauing. But why not sign up for that boxing class you've been intimidated by, or tell your coworker you can join the office kickball team this year? You're in a whole new place now—take advantage and amaze yourself.



try is!

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.



Notes: