



6-Week Wedding Workout Plan

Be your best bride, groom or guest!

WEEK 1	<input type="checkbox"/> LOWER BODY STRENGTH 50 min	<input type="checkbox"/> UPPER BODY STRENGTH 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> CARDIO + CORE 40 min	<input type="checkbox"/> FULL BODY 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> HIIT CARDIO 30 min
WEEK 2	<input type="checkbox"/> LOWER BODY STRENGTH 50 min	<input type="checkbox"/> UPPER BODY STRENGTH 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> CARDIO + CORE 40 min	<input type="checkbox"/> FULL BODY 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> HIIT CARDIO 30 min
WEEK 3	<input type="checkbox"/> LOWER BODY STRENGTH 50 min	<input type="checkbox"/> UPPER BODY STRENGTH 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> CARDIO + CORE 40 min	<input type="checkbox"/> FULL BODY 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> HIIT CARDIO 30 min
WEEK 4	<input type="checkbox"/> LOWER BODY STRENGTH 50 min	<input type="checkbox"/> UPPER BODY STRENGTH 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> CARDIO + CORE 40 min	<input type="checkbox"/> FULL BODY 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> HIIT CARDIO 30 min

Visit anytimefitness.com/blog for workout ideas and guidance. Suggested times are minimums. Work your way up to the recommended US Physical Activity Guidelines.



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WEEK 5	<input type="checkbox"/> LOWER BODY STRENGTH 50 min	<input type="checkbox"/> UPPER BODY STRENGTH 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> CARDIO + CORE 40 min	<input type="checkbox"/> FULL BODY 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> HIIT CARDIO 30 min
WEEK 6	<input type="checkbox"/> LOWER BODY STRENGTH 50 min	<input type="checkbox"/> UPPER BODY STRENGTH 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> CARDIO + CORE 40 min	<input type="checkbox"/> FULL BODY 30 min	<input type="checkbox"/> ACTIVE REST	<input type="checkbox"/> HIIT CARDIO 30 min

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