

The Ultimate 4-Week  
**LOW IMPACT**  
 Weight Loss Workout Plan

JESSICASMITHTV.COM

| WEEK   | Day 1   | Day 2   | Day 3   | Day 4  | Day 5  | Day 6  | Day 7                   |
|--|---|---|---|--|--|--|-------------------------|
| 1<br>Fitness Building  | W21/1: Cardio Core Walk (30 Min)                                    | W 21/2: Tred + Shred Walk (30 Min)                              | YS: Energizing Flow (30 Min)                                  | W21/1: Low Impact HIIT Walk (30 Min)                             | W15: Belly Blaster (15 Min) + Power Pick Up (15 Min)                       | W 21/2: Stride, Stretch + Relax Walk (30 Min) + YS: Relaxing Flow (30 Min)   | <i>Active Rest Day!</i> |
| 2<br>Fat Burning   | W21/1: Low Impact HIIT Walk (30 Min)                                | W15: Fast Fat Burn (15 Min) + Dance Party (15 Min)              | W 21/2: Tred + Shred Walk (30 Min)                            | W15: Power Pick Up (15 Min) + Belly Blaster (15 Min)             | W21/1: Cardio Core Walk (30 Min)   | W 21/2: Stride, Stretch + Relax Walk (30 Min) + YS: Energizing Flow (30 Min) | <i>Active Rest Day!</i> |
| 3<br>Sculpting   | W 21/2: Tred + Shred Walk (30 Min)                                  | W15: Fast Fat Burn (15 Min) + YS: Energizing Flow (30 Min)      | W21/1: Cardio Core Walk (30 Min)+ W15: Belly Blaster (15 Min) | W 21/2: Tred + Shred Walk (30 Min)                               | W21/1: Low Impact HIIT Walk (30 Min) + YS: Relaxing Flow (30 Min)          | W 21/2: Tred + Shred Walk (30 Min)   | <i>Active Rest Day!</i> |
| 4<br>Challenge Week  | W15: Power Pick Up (15 Min) + W 21/1: Low Impact HIIT Walk (30 Min) | W15: Fast Fat Burn (15 Min) + W 21/2 Tred + Shred Walk (30 Min) | W21/1: Cardio Core (30 Min) + W15: Dance Party (15 Min)       | W15: Belly Blaster (15 Min) + W 21/2: Tred + Shred Walk (30 Min) | W 21/2: Stride, Stretch + Relax Walk (30 Min) + YS: Relaxing Flow (30 Min) | W 21/1: Low Impact HIIT Walk (30 Min) + YS: Energizing Flow (30 Min)         | <i>Active Rest Day!</i> |
| <b>Repeat rotation as many times as you wish, feel free to add advanced options during the workouts when you feel ready!</b> |   |   |   |  |  |  |                         |