

Simple Six Weekly Workout Schedule

Exercise	Set/Reps	Focus Day	Wk 1	Wk 2	Wk 3	Wk 4
Goblet Squat	One set of 10 except on Focus Day, when it's 5 sets of 10	Monday				
Kettlebell Swing		Tuesday				
Push Up		Wednesday				
Kettlebell Press		Thursday				
Chin Ups		Friday				
Walking	30 - 60 minutes, varied terrain	Everyday				

Substitute exercises as necessary.