

## Her workouts

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|-----------|---|
| Monday    | Belly Blitz (1 hour) and Cardio Blitz (1 hour)  |
| Tuesday   | Aero HiLo (1 hour) and Pilates (1 hour)   |
| Wednesday | Running (range of 8km to 10km for 1 hour) and 20 minutes of muscle conditioning (core muscle exercise)                        |
| Thursday  | Rest day  |
| Friday    | Either Step It Up (1 hour) or rest day  |
| Saturday  | Either running (range of 15km to 25km for 1½ hours to 2½ hours) or Zumba (1 hour), Stretch Fit (1 hour) and Kick Box (1 hour) |
| Sunday    | Rest day  |