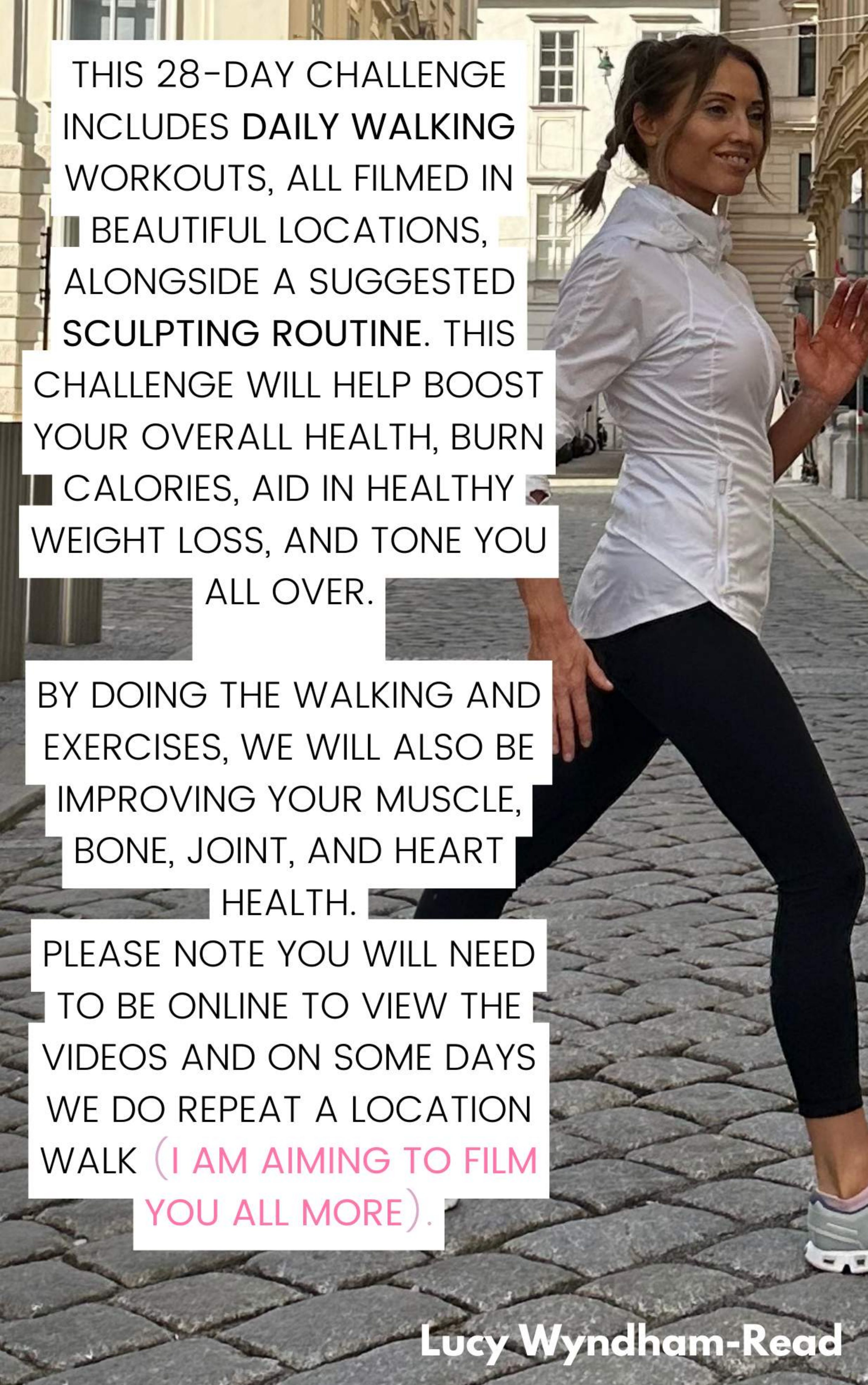


CITY WALKS WITH LUCY

STEPS and SCULPT

**28 DAY
CHALLENGE**

by Lucy Wyndham-Read

A woman with brown hair in a braid, wearing a white long-sleeved jacket and black leggings, is performing a lunge on a cobblestone street. She is smiling and looking towards the camera. The background shows a European-style street with buildings.

THIS 28-DAY CHALLENGE INCLUDES DAILY WALKING WORKOUTS, ALL FILMED IN BEAUTIFUL LOCATIONS, ALONGSIDE A SUGGESTED SCULPTING ROUTINE. THIS CHALLENGE WILL HELP BOOST YOUR OVERALL HEALTH, BURN CALORIES, AID IN HEALTHY WEIGHT LOSS, AND TONE YOU ALL OVER.

BY DOING THE WALKING AND EXERCISES, WE WILL ALSO BE IMPROVING YOUR MUSCLE, BONE, JOINT, AND HEART HEALTH.

PLEASE NOTE YOU WILL NEED TO BE ONLINE TO VIEW THE VIDEOS AND ON SOME DAYS WE DO REPEAT A LOCATION WALK (I AM AIMING TO FILM YOU ALL MORE).

Lucy Wyndham-Read

HOW THE CHALLENGE WORKS

EACH DAY, YOU FOLLOW THE SUGGESTED CITY WALKING WORKOUT WHICH WILL BE AVAILABLE ON MY YOUTUBE CHANNEL, FOLLOWED BY A RECOMMENDED 5-MINUTE SCULPTING WORKOUT VIDEO.

AS YOUR QUALIFIED TRAINER, I AM ALWAYS HERE TO HELP KEEP YOU MOVING AND MOTIVATED

“ EXERCISE TO TAKE CARE OF YOUR FUTURE HEALTH. ”

Lucy xx

WEEK ONE

WALK

SCULPT

DAY 1

**15 MIN
LONDON**



**5 MIN
BACK**



DAY 2

**20 MIN
BRUGES**



**5 MIN
ARMS**



DAY 3

**25 MIN
VENICE**



**8 MIN
ABS**



DAY 4

**15 MIN
PARIS**



**5 MIN
LOWER
BODY**



DAY 5

**15 MIN
BLENHEIM
PALACE**



**10 MIN
LEGS**



DAY 6

**15 MIN
LONDON**



**5 MIN
CORE**



DAY 7

**15 MIN
BURANNO**



**10 MIN
GLUTES**



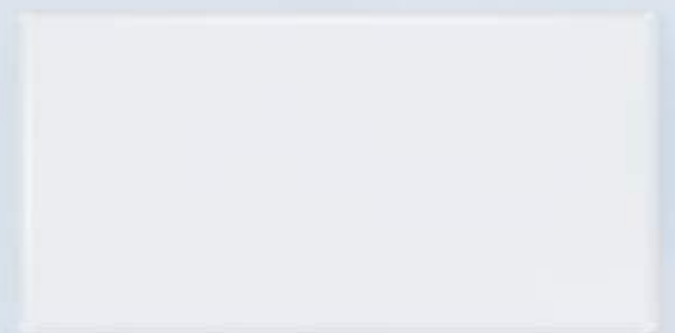
WEEK 1 TICK CHART

	WALK	SCULPT
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		

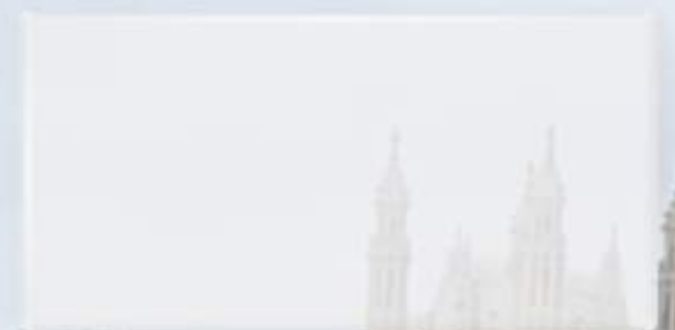
WALK

SCULPT

DAY 1



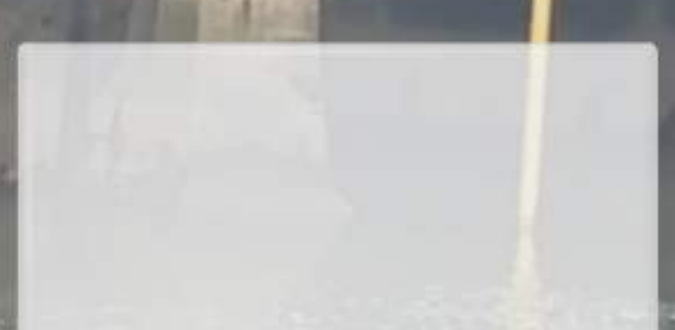
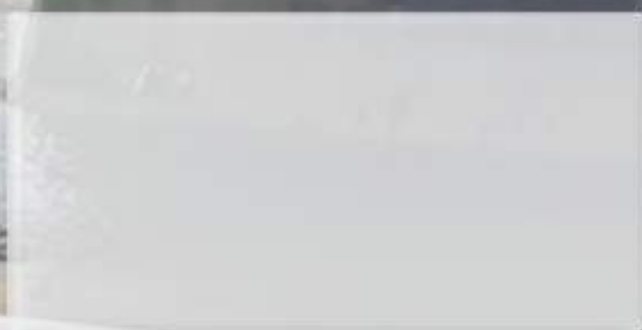
DAY 2



DAY 3



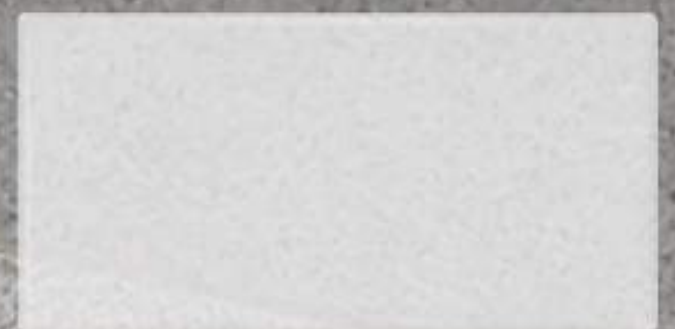
DAY 4



DAY 5



DAY 6



DAY 7



WEEK 2

WALK

SCULPT

DAY 1

**20 MIN
COUNTRYSIDE**



**5 MIN
ABS**

& THIGHS



DAY 2

**16 MIN
PARIS**



**5 MIN
ARMS**

SHOULDERS



DAY 3

**15 MIN
BRUGES**



**5 MIN
THIGHS**



DAY 4

**15 MIN
VIENNA**



**9 MIN
FULL
BODY**



DAY 5

**15 MIN
WINDSOR**



**5 MIN
ABS
& ARMS**



DAY 6

**1 MILE
COUNTRYSIDE**



**5 MIN
GLUTES**



DAY 7

**45 MIN
FRANCE**

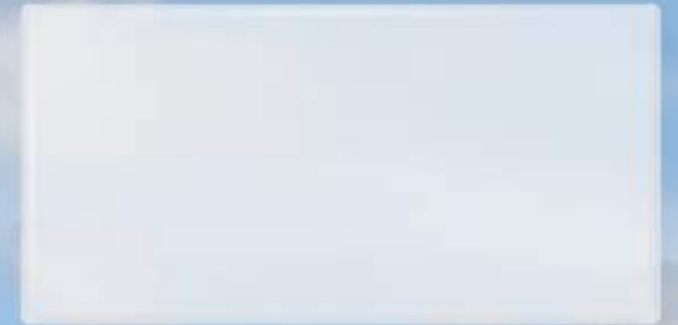
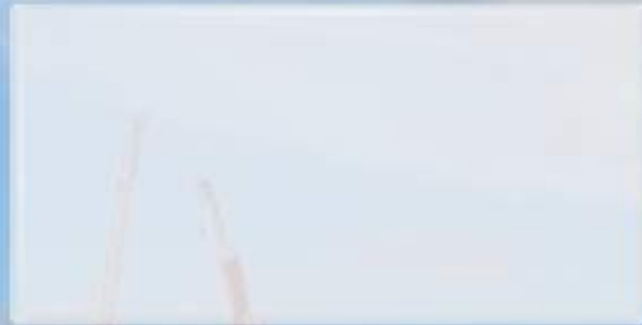
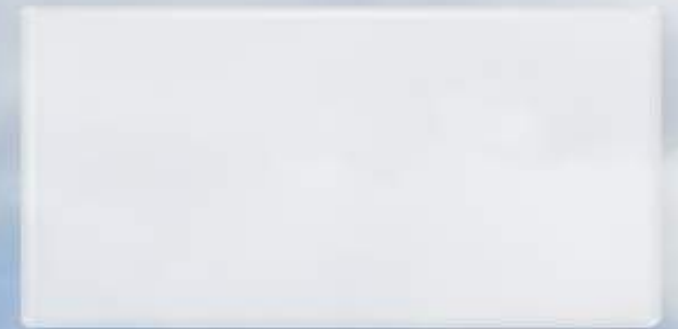
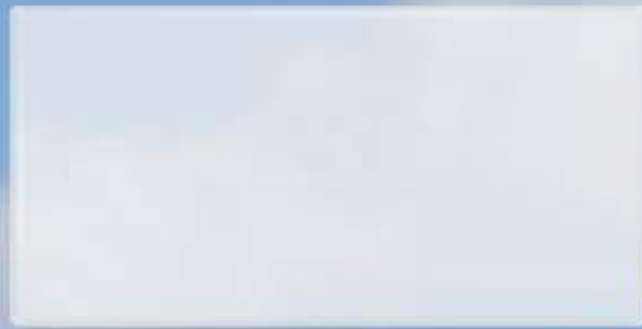


**5 MIN
WAIST**



WEEK 2 TICK CHART

	WALK	SCULPT
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		



WEEK 3

WALK

SCULPT

DAY 1

**15 MIN
LONDON**



**15 MIN
FULL
BODY**



DAY 2

**25MIN
VENICE**



**7 MIN
ARMS
& ABS**



DAY 3

**15 MIN
BRUGES**



**5 MIN
ARMS**



DAY 4

**15 MIN
PARIS**



**5 MIN
BUST
LIFT**



DAY 5

**1 MILE
COUNTRYSIDE**



**5 MIN
FULL
BODY**



DAY 6

**15 MIN
VIENNA**



**5 MIN
ABS**



DAY 7

**45 MIN
FRANCE**



**5 MIN
MOBILITY**



WEEK 3 TICK CHART

	WALK	SCULPT
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		

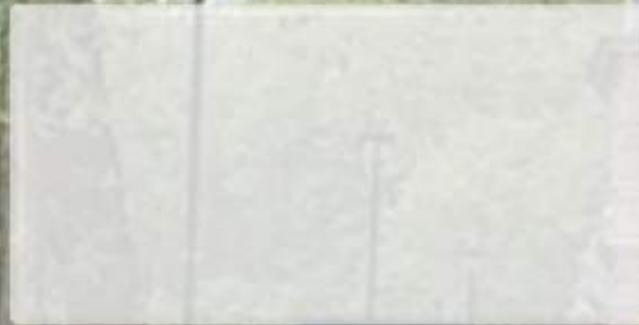
WALK

SCULPT

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



WEEK 4

WALK

SCULPT

DAY 1

**20 MIN
PALACE
WALK**



**7 MIN
THIGHS**



DAY 2

**20 MIN
BRUGES**



**8 MIN
PILATES**



DAY 3

**15 MIN
BURANO**



**10 MIN
ARMS**



DAY 4

**15 MIN
PARIS**



**5 MIN
LOWER
BODY**



DAY 5

**1 MILE
COUNTRYSIDE**



**7 MIN
ABS**



DAY 6

**15 MIN
LONDON**



**12 MIN
BUST
& GLUTES**



DAY 7

**25 MIN
VENICE**



**10 MIN
THIGHS**



WEEK 4 TICK CHART

WALK

SCULPT

DAY 1

☐☐

DAY 2

☐☐

DAY 3

☐☐

DAY 4

☐☐

DAY 5

☐☐

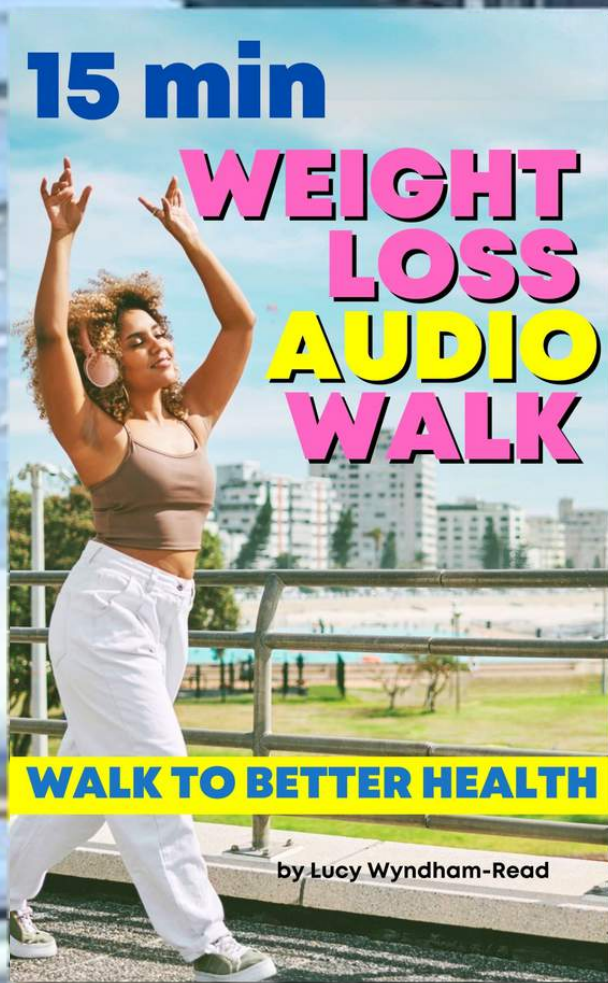
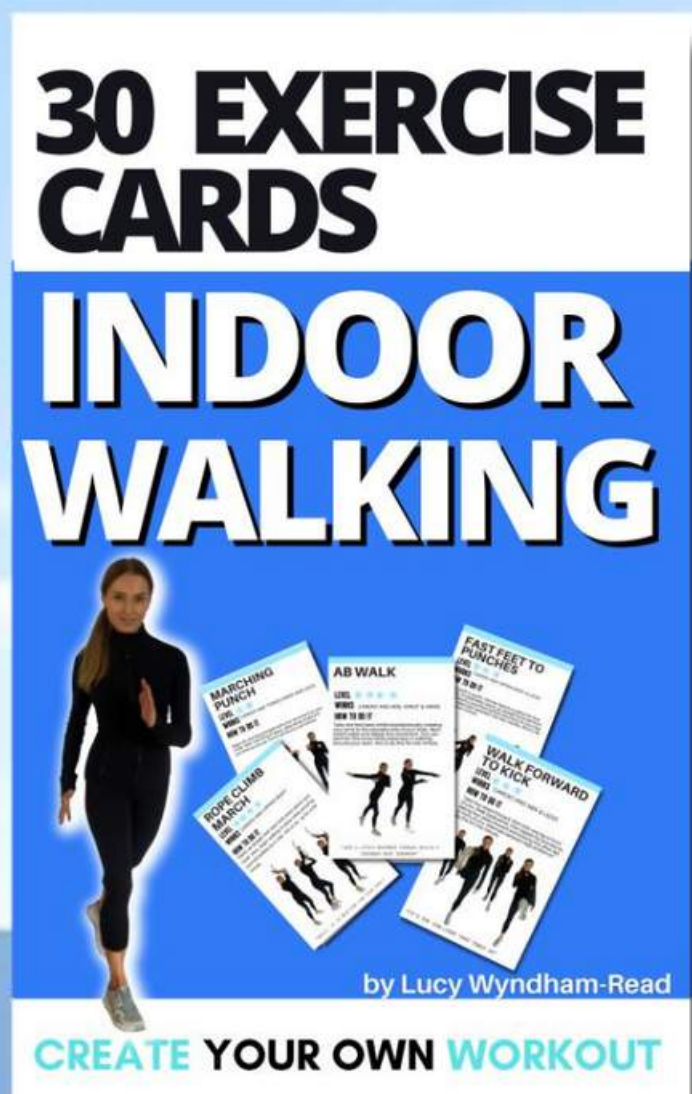
DAY 6

☐☐

DAY 7

☐☐

**TO
VIEW ANY OF THESE WALKING
PRODUCTS SIMPLY CLICK ON THE ITEM**



**FIND ALL MY
SOCIAL MEDIA
SITES ON MY
WEBSITE AT
LWRFITNESS.COM**

CLICK HERE

