



Welcome to the Milford Moves Training Program



WEEK 4!

Please be sure to post your thoughts/results/achievements in the Facebook Milford Moves Training 5K program page!

Congratulations! You have made it to week 4! This is a time where many people will drop off, stop coming, either because they have already seen results and want to continue “on their own” or because they haven’t seen enough results in a quick enough time, and therefore become frustrated. All I can say is – **DON’T QUIT!!** This journey is just that – a journey. Its not a “quick fix” or a simple change. Making changes to your nutrition and fitness regime is a lifestyle change, and it takes time to see results.

ZUMBA ON THE GREEN!

Today we have Melissa Thomas, a certified personal trainer and Zumba instructor leading our group! Melissa is going to introduce you to an alternative way of getting in some exercise through Zumba! Enjoy the workout and sure to ask Melissa any questions about her classes and how you can join!

IT TAKES
4 WEEKS
FOR YOU TO SEE YOUR BODY CHANGING

IT TAKES
8 WEEKS
FOR YOUR FRIENDS AND FAMILY

IT TAKES
12 WEEKS
FOR THE REST OF THE WORLD

KEEP GOING



DON'T FORGET TO WEIGH IN IF YOU WANT TO KEEP TRACK WEEK TO WEEK!

Please feel free to contact me ANYTIME I can be of assistance:

Devon Taylor, cell: 203-499-7168 email: info@devontaylor.net



Week Four

At home workout



**If you are more advanced than a beginner, contact me separately for a more advanced at-home program*

Sunday

Now we start the longer runs on Sundays!!

5 minute walking warmup
Then alternate
5 minutes jogging
60 seconds brisk walking
Total of 45 minutes
Should complete approximately
2 miles of jogging

Monday

5 minute walking warmup
Then alternate
5 minutes jogging
60 seconds brisk walking
Total of 40 minutes

Tuesday

5 minute walking warmup and stretch
The 500 Workout

100 of each exercise. 4 rounds of 25, or 5 rounds of 20

- 100 Air Squats
- 100 Crunches
- 100 Alternating Lunges (50 each side)
- 100 Reverse Back Fly Squeeze ----->
(with or without light weights)
- < ----- 100 Seal Jacks

Total Time: 20 minutes



Wednesday

5 minute walking warmup
Then alternate
5 minutes jogging
60 seconds brisk walking
Total of 40 minutes

Friday

5 minute walking warmup
Then alternate
5 minutes jogging
60 seconds brisk walking
Total of 40 minutes

Thursday - Day of Rest! 😊