NEW YEAR, NEW YOU: WEEK 1 WORKOUT SUGGESTIONS
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WORKOUT 1: CARDIO
Get up and get moving for about 30 minutes! You can choose to walk, jog, or use your favorite cardio equipment at the gym (StairMaster, Elliptical Machine, etc.); OR choose between this 30-Minute Fat-Blasting Treadmill Walking Workout or this 20-Minute Heart Blast HIIT Workout

WORKOUT 2: STRENGTH TRAINING
Try this Get Fit Fast! 12-Minute Tabata Workout (advanced exercisers can aim for two rounds of 24 minutes if you're feeling up to it!) OR this Low-Impact Total Body Tone

WORKOUT 3: CARDIO
See Day 1 – try something new, or repeat your favorite exercise!

WORKOUT 4: STRENGTH TRAINING
See Day 2 – try something new, or repeat your favorite workout!

WORKOUT 5: CARDIO
See Day 1 – try something new, or repeat your favorite exercise!

WORKOUT 6: YOGA/STRETCHING
Stretch those muscles for about 20 minutes, take a deep breath, and spend some time relaxing! You can try this Easy Yoga Workout; this 20-Minute Home Yoga Workout for Complete Beginners (video); OR pick up a new yoga DVD to add to your collection. I like this Flow Yoga DVD, which includes three 20-minute sequences (there are also 4 bonus features: a 10-minute balancing series; a 10-minute core workout; a 10-minute breathing exercise; and 5-minutes of relaxation).