



No Time Limits

There are no time restrictions on this activity



Weekend

Relaxing activity. This activity can also be done any day of the week

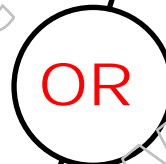


Notes

Modify or substitute any exercise to suit your fitness level



5K Walk (or run) - 3.1 miles



6 Miles Bike

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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