

**Heavy Hands Walking (TM) Sheet**

Weight		Week	Repetitions
Female	Male		
1	2	2	30
		3	35
		4	40
		5	45
		6	50
2	3	7	30
		8	35
		9	40
		10	45
		11	50
3	4	12	30
		13	35
		14	40
		15	45
		16	50
4	5	17	30
		18	35
		19	40
		20	45
		21	50

Weight		Week	Repetitions
Female	Male		
5	6	22	30
		23	35
		24	40
		25	45
		26	50
6	7	27	30
		28	35
		29	40
		30	45
		31	50
7	8	32	30
		33	35
		34	40
		35	45
		36	50