

Legend



What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

Always consult with your physician before starting any new exercise program!

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BOSS Walk+Jog

Beginner: 15 Minutes



| | <i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i> | | | | | | | | | |
|--------|---|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Day 1 | | | 3.5 | 3.5 | 2.5 | 2.5 | | | | |
| Day 2 | | | 3.5 | 3.5 | 2.5 | 2.5 | | | | |
| Day 3 | | | 2.5 | 3.5 | 2.5 | 2.5 | 0.5 | | | |
| Day 4 | | | 2.5 | 3.5 | 2.5 | 2.5 | 0.5 | | | |
| Day 5 | | | 2.5 | 2.5 | 3.5 | 2.5 | 0.5 | | | |
| Day 6 | | | 1.5 | 2.5 | 4 | 2.5 | 1 | | | |
| Day 7 | | | 1.5 | 2.5 | 4 | 2.5 | 1 | | | |
| Day 8 | | | 1 | 2.5 | 4 | 2.5 | 1 | | | |
| Day 9 | | | 0.5 | 2.5 | 5 | 2.5 | 1.5 | | | |
| Day 10 | | | | 2.5 | 5 | 2.5 | 1.5 | | | |
| Day 11 | | | | 2.5 | 5 | 2.5 | 1.5 | | | |
| Day 12 | | | | 2 | 5.5 | 2.5 | 1.5 | | | |
| Day 13 | | | | 1.5 | 5.5 | 2.5 | 1.5 | 0.5 | | |
| Day 14 | | | | 1.5 | 5.5 | 2.5 | 1.5 | 0.5 | | |
| Day 15 | | | | 1 | 5.5 | 2.5 | 1.5 | 1 | | |
| Day 16 | | | | 1 | 5.5 | 3 | 2 | 1 | | |
| Day 17 | | | | 0.5 | 5.5 | 2.5 | 2 | 1 | | |
| Day 18 | | | | | 5 | 2.5 | 2.5 | 1 | | |
| Day 19 | | | | | 4.5 | 3.5 | 2.5 | 1 | | |
| Day 20 | | | | | 5 | 3 | 2 | 1 | | |
| Day 21 | | | | | 5 | 3 | 2 | 1 | | |
| Day 22 | | | | | 5 | 3 | 2 | 1 | | |
| Day 23 | | | | | 5 | 3 | 2 | 1 | | |
| Day 24 | | | | | 5 | 3 | 2 | 1 | | |
| Day 25 | | | | | 5 | 3 | 2 | 1 | | |

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BOSS Walk+Jog

Beginner: 30 Minutes



| | <i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i> | | | | | | | | | |
|--------|---|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Day 1 | | | 6 | 6 | 4 | 4 | | | | |
| Day 2 | | | 5.5 | 5.5 | 4.5 | 4.5 | | | | |
| Day 3 | | | 5.5 | 5.5 | 4.5 | 4.5 | 0.5 | | | |
| Day 4 | | | 4.5 | 5.5 | 5.5 | 4.5 | 0.5 | | | |
| Day 5 | | | 3.5 | 6 | 6 | 4.5 | 1 | | | |
| Day 6 | | | 3.5 | 5.5 | 6.5 | 4.5 | 1 | | | |
| Day 7 | | | 2.5 | 5.5 | 6.5 | 4.5 | 1.5 | | | |
| Day 8 | | | 1.5 | 4.5 | 8 | 4.5 | 2 | | | |
| Day 9 | | | 1 | 4.5 | 8 | 4.5 | 2.5 | | | |
| Day 10 | | | | 4.5 | 9 | 4.5 | 2.5 | | | |
| Day 11 | | | | 5 | 8.5 | 5 | 2.5 | | | |
| Day 12 | | | | 4 | 8.5 | 5 | 2.5 | 0.5 | | |
| Day 13 | | | | 4 | 8.5 | 5 | 2.5 | 0.5 | | |
| Day 14 | | | | 2.5 | 9.5 | 5 | 2.5 | 1 | | |
| Day 15 | | | | 2 | 9.5 | 4.5 | 3.5 | 1.5 | | |
| Day 16 | | | | 1.5 | 9.5 | 5 | 3.5 | 1.5 | | |
| Day 17 | | | | 0.5 | 9 | 6 | 3.5 | 1.5 | | |
| Day 18 | | | | | 9.5 | 5.5 | 3.5 | 2 | | |
| Day 19 | | | | | 10 | 5 | 4 | 2 | | |
| Day 20 | | | | | 11 | 6 | 4 | 2 | | |
| Day 21 | | | | | 11 | 6 | 4 | 2 | | |
| Day 22 | | | | | 11 | 6 | 4 | 2 | | |
| Day 23 | | | | | 11 | 6 | 4 | 2 | | |
| Day 24 | | | | | 11 | 6 | 4 | 2 | | |
| Day 25 | | | | | 11 | 6 | 4 | 2 | | |

Always consult with your physician before starting any new exercise program!

BOSS Walk+Jog

Beginner: 45 Minutes



| | <i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i> | | | | | | | | | |
|--------|---|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Day 1 | | | 10.5 | 10.5 | 7 | 7 | | | | |
| Day 2 | | | 11 | 11 | 7 | 7 | | | | |
| Day 3 | | | 9.5 | 10.5 | 8 | 6.5 | 1 | | | |
| Day 4 | | | 7.5 | 10 | 9 | 7.5 | 1 | | | |
| Day 5 | | | 6.5 | 9 | 10.5 | 8 | 1.5 | | | |
| Day 6 | | | 5 | 9 | 11.5 | 8 | 2 | | | |
| Day 7 | | | 4 | 9 | 12.5 | 7.5 | 2.5 | | | |
| Day 8 | | | 2.5 | 9 | 13 | 8 | 2.5 | | | |
| Day 9 | | | 1.5 | 8 | 14.5 | 8 | 4 | | | |
| Day 10 | | | | 8 | 15.5 | 8 | 4 | | | |
| Day 11 | | | | 7.5 | 16 | 7.5 | 4.5 | | | |
| Day 12 | | | | 7 | 15.5 | 8.5 | 4.5 | 0.5 | | |
| Day 13 | | | | 6 | 15.5 | 8.5 | 4.5 | 1 | | |
| Day 14 | | | | 4.5 | 15.5 | 8.5 | 5.5 | 1.5 | | |
| Day 15 | | | | 3 | 17 | 8.5 | 5.5 | 2 | | |
| Day 16 | | | | 2 | 16 | 9.5 | 5.5 | 3 | | |
| Day 17 | | | | 1 | 16.5 | 9.5 | 5.5 | 3 | | |
| Day 18 | | | | | 16.5 | 9.5 | 7 | 3 | | |
| Day 19 | | | | | 16.5 | 9.5 | 6 | 3.5 | | |
| Day 20 | | | | | 16.5 | 9.5 | 6.5 | 3 | | |
| Day 21 | | | | | 16.5 | 9.5 | 6.5 | 3 | | |
| Day 22 | | | | | 16.5 | 9.5 | 6.5 | 3 | | |
| Day 23 | | | | | 16.5 | 9.5 | 6.5 | 3 | | |
| Day 24 | | | | | 16.5 | 9.5 | 6.5 | 3 | | |
| Day 25 | | | | | 16.5 | 9.5 | 6.5 | 3 | | |

Always consult with your physician before starting any new exercise program!

BOSS Walk+Jog

Beginner: 1 Hour



| | <i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i> | | | | | | | | | |
|--------|---|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Day 1 | | | 15.5 | 15.5 | 10 | 10 | | | | |
| Day 2 | | | 15 | 15 | 10 | 10 | | | | |
| Day 3 | | | 13.5 | 15 | 11 | 10 | 1 | | | |
| Day 4 | | | 11 | 14.5 | 13.5 | 10 | 1.5 | | | |
| Day 5 | | | 10 | 13.5 | 15 | 10 | 2.5 | | | |
| Day 6 | | | 7.5 | 13 | 15.5 | 11 | 3.5 | | | |
| Day 7 | | | 6 | 12.5 | 17 | 11 | 4 | | | |
| Day 8 | | | 3.5 | 12 | 19 | 11 | 5 | | | |
| Day 9 | | | 2.5 | 11 | 21 | 11 | 5 | | | |
| Day 10 | | | | 11 | 22 | 11 | 6 | | | |
| Day 11 | | | | 11 | 22.5 | 11 | 5.5 | | | |
| Day 12 | | | | 9.5 | 22 | 11 | 7 | 1 | | |
| Day 13 | | | | 8 | 21.5 | 12.5 | 7 | 1.5 | | |
| Day 14 | | | | 6.5 | 22 | 11.5 | 8 | 2.5 | | |
| Day 15 | | | | 4 | 22.5 | 13.5 | 8 | 3 | | |
| Day 16 | | | | 3 | 22.5 | 13.5 | 8 | 4 | | |
| Day 17 | | | | 1.5 | 23 | 13 | 9 | 4 | | |
| Day 18 | | | | | 22.5 | 14 | 9 | 5 | | |
| Day 19 | | | | | 23 | 14 | 9 | 4.5 | | |
| Day 20 | | | | | 23 | 14 | 9 | 5 | | |
| Day 21 | | | | | 23 | 14 | 9 | 5 | | |
| Day 22 | | | | | 23 | 14 | 9 | 5 | | |
| Day 23 | | | | | 23 | 14 | 9 | 5 | | |
| Day 24 | | | | | 23 | 14 | 9 | 5 | | |
| Day 25 | | | | | 23 | 14 | 9 | 5 | | |

Always consult with your physician before starting any new exercise program!

BOSS Walk+Jog

Beginner: 1:15 Hours



| | <i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i> | | | | | | | | | |
|--------|---|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Day 1 | | | 20 | 20 | 13 | 13 | | | | |
| Day 2 | | | 19.5 | 19.5 | 13 | 13 | | | | |
| Day 3 | | | 17 | 19.5 | 14.5 | 13 | 1 | | | |
| Day 4 | | | 14.5 | 18.5 | 17 | 13.5 | 2 | | | |
| Day 5 | | | 12 | 18.5 | 19.5 | 13 | 2.5 | | | |
| Day 6 | | | 10.5 | 17 | 21 | 13 | 4 | | | |
| Day 7 | | | 7.5 | 16.5 | 22.5 | 14 | 5 | | | |
| Day 8 | | | 5 | 15 | 25 | 14 | 6.5 | | | |
| Day 9 | | | 2.5 | 15.5 | 27 | 14 | 6.5 | | | |
| Day 10 | | | | 14 | 29.5 | 14 | 8 | | | |
| Day 11 | | | | 14.5 | 29 | 14.5 | 7.5 | | | |
| Day 12 | | | | 11.5 | 29 | 14.5 | 9 | 1 | | |
| Day 13 | | | | 10 | 29.5 | 15.5 | 8.5 | 2 | | |
| Day 14 | | | | 8.5 | 29 | 15.5 | 10 | 3 | | |
| Day 15 | | | | 5.5 | 30 | 16.5 | 9.5 | 4 | | |
| Day 16 | | | | 4 | 30 | 16.5 | 11 | 4 | | |
| Day 17 | | | | 2 | 29.5 | 17.5 | 11 | 5.5 | | |
| Day 18 | | | | | 30 | 17 | 12 | 6.5 | | |
| Day 19 | | | | | 30.5 | 17.5 | 11.5 | 6 | | |
| Day 20 | | | | | 30 | 17.5 | 11.5 | 6.5 | | |
| Day 21 | | | | | 30 | 17.5 | 11.5 | 6.5 | | |
| Day 22 | | | | | 30 | 17.5 | 11.5 | 6.5 | | |
| Day 23 | | | | | 30 | 17.5 | 11.5 | 6.5 | | |
| Day 24 | | | | | 30 | 17.5 | 11.5 | 6.5 | | |
| Day 25 | | | | | 30 | 17.5 | 11.5 | 6.5 | | |

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BOSS Walk+Jog

Beginner: 1:30 Hours



| | <i>Total daily duration for each Rate of Perceived Exertion (RPE), in minutes</i> | | | | | | | | | |
|--------|---|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Day 1 | | | 24 | 24 | 16 | 16 | | | | |
| Day 2 | | | 24.5 | 24.5 | 15.5 | 15.5 | | | | |
| Day 3 | | | 21 | 23.5 | 18 | 17 | 1.5 | | | |
| Day 4 | | | 18 | 23 | 20.5 | 16.5 | 2.5 | | | |
| Day 5 | | | 15.5 | 21.5 | 23 | 16.5 | 4 | | | |
| Day 6 | | | 11.5 | 21 | 26 | 17 | 5.5 | | | |
| Day 7 | | | 9 | 21 | 28.5 | 17 | 5.5 | | | |
| Day 8 | | | 6.5 | 19 | 30.5 | 18 | 6.5 | | | |
| Day 9 | | | 2.5 | 19 | 33 | 18 | 7.5 | | | |
| Day 10 | | | | 18 | 35.5 | 18 | 9 | | | |
| Day 11 | | | | 17.5 | 36.5 | 17.5 | 9 | | | |
| Day 12 | | | | 15.5 | 35.5 | 18.5 | 10 | 1 | | |
| Day 13 | | | | 13 | 36 | 18.5 | 10 | 3 | | |
| Day 14 | | | | 10 | 36.5 | 20 | 11.5 | 3 | | |
| Day 15 | | | | 7 | 36 | 21 | 12.5 | 4.5 | | |
| Day 16 | | | | 5.5 | 35.5 | 20.5 | 13.5 | 5.5 | | |
| Day 17 | | | | 3 | 36 | 21.5 | 13.5 | 7 | | |
| Day 18 | | | | | 36.5 | 22 | 15 | 7 | | |
| Day 19 | | | | | 36.5 | 22.5 | 14 | 7 | | |
| Day 20 | | | | | 36.5 | 22 | 14.5 | 7.5 | | |
| Day 21 | | | | | 36.5 | 22 | 14.5 | 7.5 | | |
| Day 22 | | | | | 36.5 | 22 | 14.5 | 7.5 | | |
| Day 23 | | | | | 36.5 | 22 | 14.5 | 7.5 | | |
| Day 24 | | | | | 36.5 | 22 | 14.5 | 7.5 | | |
| Day 25 | | | | | 36.5 | 22 | 14.5 | 7.5 | | |

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