

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
dd/mm/yyyy	dd/mm/yyyy	dd/mm/yyyy	dd/mm/yyyy	dd/mm/yyyy	dd/mm/yyyy	dd/mm/yyyy
____ min. Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Functional	____ min. Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Functional	____ min. Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Functional	____ min. Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Functional	____ min. Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Functional	____ min. Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Functional	____ min. Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Functional

## SESSIONS COMPLETED

- Session 1   
  Session 2   
  Session 3   
  Session 4

## CARDIO EXERCISE

- 60 to 70% HRMax

- 20 minutes   
  20 minutes   
  20 minutes   
  20 minutes  
 20 minutes

## STRENGTH EXERCISES

- 10 to 15 repetitions
- 2 sets of each exercise
- 6 exercises will be completed 2 times (2 different workouts)

### LEGS

- Bodyweight Squat  
 Prone (Lying) Hamstring Curl  
 Standing Calf Raise (Wall)

### BACK

- Seated High Back Row  
 Seated Row

### CHEST

- Bent Knee Push-Up  
 Seated Cable Press

### SHOULDERS

- Kneeling Reverse Fly

### ARMS

- Seated Dumbbell Bicep Curls  
 Triceps Pushdown

### CORE & TORSO

- Bent Knee Sit-Up/Crunches  
 Supermans

## FUNCTIONAL EXERCISES

- 2 sets of each exercise

- Cat-Camel  
 Cobra  
 Contralateral Limb Raises  
 Downward Facing Dog

- Jump Rope  
 Single Leg Stand  
 Squat Jump  
 Warrior I

## FLEXIBILITY EXERCISES

- Complete a total of 60 seconds per exercise (10 to 30 seconds each)

### LOWER BODY

- Kneeling Hip Flexor Stretch  
 Supine 90-90 Hip Rotator Stretch  
 Seated Straddle Stretch  
 Standing Dorsi-Flexion Stretch

### UPPER BODY

- 90 Lat Stretch  
 Standing Chest Stretch  
 Seated Bent-Knee Biceps Stretch  
 Overhead Triceps Stretch