TRAINING PROGRAM WEEK 1 - 6

WARM UP (10 MIN):

- 5 minutes of brisk walking on treadmill
- Dynamic stretching
 - o Walking knee hugs
 - Butt Kicks
 - Floor Sweeps/Straight leg swings
 - Over the Fences
 - o Arm Circles fwd. and bwd (15 each way)

STRENGTH EXERCISES (20 MIN): (2 – 3 Sets)

- Squats
- Lateral abductions
- Sit backs
- Banded side steps/lateral lunges
- Back extension into bicep curls
- Russian twists
- Calf raises single foot on stairs
- Bench Triceps Dips
- Leg lifts

CARDIO (20 MIN):

- 20 minutes of cardio: walking, jogging, cycling, etc
 - o Heart rate at approx. 60-80% of Max. HR (220-age)
 - o Advance to intervals (1-minute high intensity, 2 minutes low) repeated

COOL DOWN (10 MIN):

Static Stretching:

- Standing quad stretch or Kneeling lunge stretch (15 s x 2)
- Lying knee hug (15s each leg x 2)
- Lying hamstring stretch (15s each leg x 2)
- Standing calf stretch (15s each leg x 2)
- Triceps/Lat stretch (15s each arm x 2)
- Door frame chest/bicep stretch (15s each arm x 2)

Notes:

- Start with one set of 8-12 reps and increase to 2 sets by week 2
- Remember to breathe while lifting (try to exhale during exertion and inhale during reset)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Squats	Resistance Band:					
Lateral abductions	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Resistance Band:					
Sit backs	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Banded side steps/lateral lunges	Resistance Band:					
Back extension into bicep curls	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Resistance Band:					
Russian twists	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Calf raises single foot on stairs	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Bench Triceps Dips	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Leg lifts	Reps:	Reps:	Reps:	Reps:	Reps:	Reps: