

# TRAINING PROGRAM WEEK 1 - 6

---

## **WARM UP (10 MIN):**

- 5 minutes of brisk walking on treadmill
- Dynamic stretching
  - Walking knee hugs
  - Butt Kicks
  - Floor Sweeps/Straight leg swings
  - Over the Fences
  - 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
  - Heart rate at approx. 60-80% of Max. HR (220-age)
  - 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)

