### WARM UP (10 MIN):

- 5 minutes of brisk walking on treadmill
- Dynamic stretching
  - $\circ \quad \text{Walking knee hugs} \\$
  - 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
- Push-ups from knees/feet
- Sit backs
- Lunges
- Seated overhead press
- Leg lifts
- Calf raises single foot on block
- Lateral arm abduction
- Russian twists

# 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)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Squats	Resistance Band:					
Push-ups from knees/feet	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Sit backs	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Lunges	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Weights:	Weights:	Weights:	Weights:	Weights:	Weights:
Seated overhead press	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Resistance Band:					
Leg lifts	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Calf raises single foot on stairs	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Lateral arm abduction	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Resistance Band:					
Russian twists	Reps:	Reps:	Reps:	Reps:	Reps:	Reps: