## TRAINING PROGRAM WEEK 1 - 6

#### WARM UP (10 MIN):

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

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

- Seated bicep curls
- Seated knee extension
- Bird dogs
- Side bends
- Floor calf raises
- Triceps kickbacks
- Seated knee flexion
- Dead bug

### **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)
- Tricep/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
Seated bicep curls	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Resistance Band:					
Seated knee extension	Time:	Time:	Time:	Time:	Time:	Time:
	Resistance Band:					
Bird dogs	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Side bends	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Resistance Band:					
Floor calf raises	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Triceps kickbacks	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Resistance Band:					
Seated knee flexion	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Resistance Band:					
Dead bug	Reps:	Reps:	Reps:	Reps:	Reps:	Reps: