

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)

- Wall Push-ups
- Seated knee extension
- Glute bridges
- Shoulder shrug
- Bicycle kicks
- Seated knee flexion
- Side bends
- Bird-dogs

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)

