

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):

- Leg Press
- Planks
- Triceps
- Standing Lunges
- Bicep Curls
- Dead Bugs
- Lat Pulldowns
- Calf Raises

CARDIO (20 MIN):

- **20** minutes of cardio on a treadmill, stationary bike, elliptical, or rowing machine.
 - 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)
- 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
Leg Press (3)	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
	Seat set to:	Seat set to:	Seat set to:	Seat set to:	Seat set to:	Seat set to:
Planks	Time:	Time:	Time:	Time:	Time:	Time:
Triceps (6)	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
Standing Lunges	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
Bicep Curls	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
Dead Bugs	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Lat Pulldowns (1)	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
Calf Raises	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight: