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
 - o Arm Circles fwd. and bwd (15 each way)

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

- Sit to stand
- Planks
- Bicep curls
- Clams
- Incline push-ups
- Flutter kicks
- Two-foot calf raise on stairs
- Lateral arm adduction
- Standing oblique crunches

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)
- 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
Sit to stand	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Planks	Time:	Time:	Time:	Time:	Time:	Time:
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Bicep curls	Resistance Band:					
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Clams	Resistance Band:					
Incline push-ups	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Flutter kicks	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Two-foot calf raise on stairs	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Lateral arm adduction	Resistance Band:					
Standing oblique crunches	Reps:	Reps:	Reps:	Reps:	Reps:	Reps: