



WEEKLY EXERCISE PLAN

(Example for Advanced Program)



	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
6:00 am							
7:00 am							
8:00 am	(Aerobic - HIIT) Gym / Outdoor	(Resistance) Gym / Home	(Aerobic - CNT) Gym / Outdoor	(Resistance) Gym or Home	(Aerobic HIIT) Gym / Outdoor	(Resistance) Gym or Home	(Aerobic - CNT) Gym / Outdoor
9:00 am							
10:00 am	<p>NOTE</p> <p>YOU CAN PERFORM THESE SESSIONS AT ANY TIME OF THE DAY, AND IN AN ORDER THAT FITS BEST WITH YOUR SCHEDULE. THIS EXAMPLE USES MORNING SESSIONS FOR DEMONSTRATION PURPOSES.</p> <p>YOU MAY VARY YOUR SESSIONS BETWEEN THE GYM, YOUR HOME, OR OUTDOORS AND VARY THE EXERCISES YOU USE FOR VARIETY.</p> <p>YOU MAY SPLIT A SINGLE SESSION WITHIN A DAY IF YOU PREFER! → E.G. SUNDAY AS 2 X 20 MIN (INSTEAD OF 1 X 40 MIN)</p>			<p>NOTE</p> <p>THIS ADVANCED PROGRAM REQUIRES DAILY EXERCISE. HOWEVER, THIS CAN BE FLEXIBLE.</p> <p>IF YOU NEED OR WANT A COMPLETE REST DAY, YOU CAN MOVE TRAINING SESSIONS ONTO ANOTHER DAY AT A DIFFERENT TIME.</p> <p>E.G. SATURDAY'S RESISTANCE SESSION COULD BE MOVED TO FRIDAY AFTERNOON. IF YOU DO THIS, PLEASE MAKE SURE THERE IS ADEQUATE TIME TO RECOVER BETWEEN SESSIONS (AT-LEAST 5 HOURS), INCLUDING TIME TO CONSUME A PROPER MEAL!</p>			
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							

HIIT = High Intensity Interval Training

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CNT = Continuous Training.