



WEEKLY EXERCISE PLAN

(*Example for Beginner*)



	<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				R			R			
8:00 am	(Aerobic) Gym / Outdoor	(Resistance) Gym / Home	(Aerobic) Gym / Outdoor	E	(Resistance) Gym or Home	(Aerobic) Gym / Outdoor	E			
9:00 am				S			S			
10:00 am	<p style="color: #c00000; font-weight: bold; margin-top: 0;"><u>NOTE:</u></p> <p style="color: #c00000; font-weight: bold; margin-top: 0;">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 style="color: #c00000; font-weight: bold; margin-top: 0;">YOU MAY VARY YOUR SESSIONS BETWEEN THE GYM, YOUR HOME, OR OUTDOORS AND VARY THE EXERCISES YOU USE FOR VARIETY.</p>			T			T			
11:00 am										
12:00 pm							D	<p style="color: #c00000; font-weight: bold; margin-top: 0;"><u>NOTE:</u></p> <p style="color: #c00000; font-weight: bold; margin-top: 0;">THIS BEGINNER PROGRAM HAS TWO PRESCRIBED REST DAYS. TRY TO SPLIT THEM UP EVENLY ACROSS THE WEEK (AS SHOWN).</p>		D
1:00 pm							A			A
2:00 pm							Y			Y
3:00 pm										
4:00 pm							H			H
5:00 pm							E			E
6:00 pm							R			R
7:00 pm							E			E
8:00 pm										