

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 15 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul>	Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Core: <ul style="list-style-type: none"> <li>- Plank for 30 secs, 2 sets</li> <li>- Crunches, 10 reps, 2 sets</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 15 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Upper Body <ul style="list-style-type: none"> <li>- Triceps extension, 10 reps, 2 sets, 50% of 1RM</li> <li>- Bicep Curls, 10 reps, 2 sets, 50% of 1RM</li> <li>- Shoulder Press, 10 reps, 2 sets, 50% of 1RM</li> <li>- Lat Pull Down, 10 reps, 2 sets, 50% of 1RM</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 15 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Lower Body: <ul style="list-style-type: none"> <li>- Lunges, 10 reps, 2 sets</li> <li>- Calf Raises, 10 reps, 2 sets</li> </ul>	Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Core: <ul style="list-style-type: none"> <li>- Plank for 30 secs, 2 sets</li> <li>- Crunches, 10 reps, 2 sets</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 15 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul>
2	Rest	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 20 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Upper Body <ul style="list-style-type: none"> <li>- Triceps extension, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Bicep Curls, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Shoulder Press, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Lat Pull Down, 10 reps, 2-3 sets, 50% of 1RM</li> </ul>	Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Core: <ul style="list-style-type: none"> <li>- Plank for 30 secs, 2-3 sets</li> <li>- Crunches, 10 reps, 2-3 sets</li> </ul> Lower Body: <ul style="list-style-type: none"> <li>- Lunges, 10 reps, 2-3 sets</li> <li>- Calf Raises, 10 reps, 2-3 sets</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 20 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Upper Body <ul style="list-style-type: none"> <li>- Triceps extension, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Bicep Curls, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Shoulder Press, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Lat Pull Down, 10 reps, 2-3 sets, 50% of 1RM</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 20 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Upper Body <ul style="list-style-type: none"> <li>- Triceps extension, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Bicep Curls, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Shoulder Press, 10 reps, 2-3 sets, 50% of 1RM</li> <li>- Lat Pull Down, 10 reps, 2-3 sets, 50% of 1RM</li> </ul>	Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Core: <ul style="list-style-type: none"> <li>- Plank for 30 secs, 2-3 sets</li> <li>- Crunches, 10 reps, 2-3 sets</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 20 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> Lower Body: <ul style="list-style-type: none"> <li>- Lunges, 10 reps, 2-3 sets</li> <li>- Calf Raises, 10 reps, 2-3 sets</li> </ul>
3	Rest	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 25 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> </ul>	Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 30 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 25 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> </ul>	Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds</li> </ul>	Cardiorespiratory: <ul style="list-style-type: none"> <li>- Brisk walk for 25 min</li> </ul> Flexibility: <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> </ul>

		<ul style="list-style-type: none"> <li>sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Upper Body</p> <ul style="list-style-type: none"> <li>- Triceps extension, 10 reps, 2 sets, 60% of 1RM</li> <li>- Bicep Curls, 10 reps, 2 sets, 60% of 1RM</li> <li>- Shoulder Press, 10 reps, 2 sets, 60% of 1RM</li> <li>- Lat Pull Down, 10 reps, 2 sets, 60% of 1RM</li> </ul>	<ul style="list-style-type: none"> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Core:</p> <ul style="list-style-type: none"> <li>- Plank for 30 secs, 2-3 sets</li> <li>- Crunches, 10 reps, 2-3 sets</li> <li>- Side Bridge, 30 secs, 2-3 sets</li> </ul> <p>Lower Body:</p> <ul style="list-style-type: none"> <li>- Lunges, 12 reps, 2-3 sets</li> <li>- Calf Raises, 12 reps, 2-3 sets</li> </ul>	<ul style="list-style-type: none"> <li>sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul>	<ul style="list-style-type: none"> <li>sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Upper Body</p> <ul style="list-style-type: none"> <li>- Triceps extension, 10 reps, 2 sets, 60% of 1RM</li> <li>- Bicep Curls, 10 reps, 2 sets, 60% of 1RM</li> <li>- Shoulder Press, 10 reps, 2 sets, 60% of 1RM</li> <li>- Lat Pull Down, 10 reps, 2 sets, 60% of 1RM</li> </ul>	<p>seconds per arm, 3 sets</p> <p>Core:</p> <ul style="list-style-type: none"> <li>- Plank for 30 secs, 2-3 sets</li> <li>- Crunches, 10 reps, 2-3 sets</li> <li>- Side Bridge, 30 secs, 2-3 sets</li> </ul>	<p>seconds</p> <ul style="list-style-type: none"> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Lower Body:</p> <ul style="list-style-type: none"> <li>- Lunges, 12 reps, 2-3 sets</li> <li>- Calf Raises, 12 reps, 2-3 sets</li> </ul>
4	Rest	<p>Cardiorespiratory:</p> <ul style="list-style-type: none"> <li>- Brisk walk for 30 min</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Core:</p> <ul style="list-style-type: none"> <li>- Plank for 45 secs, 2-3 sets</li> <li>- Crunches, 10 reps, 2-3 sets</li> <li>- Side Bridge, 45 secs, 2-3 sets</li> </ul> <p>Upper Body</p> <ul style="list-style-type: none"> <li>- Triceps extension, 10 reps, 3 sets, 60% of 1RM</li> <li>- Bicep Curls, 10 reps, 3 sets, 60% of 1RM</li> <li>- Shoulder Press, 10 reps, 3 sets, 60% of 1RM</li> <li>- Lat Pull Down, 10 reps, 3 sets, 60% of 1RM</li> </ul>	<p>Flexibility:</p> <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Core:</p> <ul style="list-style-type: none"> <li>- Plank for 45 secs, 2-3 sets</li> <li>- Crunches, 10 reps, 2-3 sets</li> <li>- Side Bridge, 45 secs, 2-3 sets</li> </ul> <p>Lower Body:</p> <ul style="list-style-type: none"> <li>- Lunges, 12 reps, 2-3 sets, with 5lb. dumbbells</li> <li>- Calf Raises, 12 reps, 2-3 sets, with 5 lb. dumbbells</li> </ul>	<p>Cardiorespiratory:</p> <ul style="list-style-type: none"> <li>- Bike at 0.5-1.0 kP at 60 rpm for 30 min</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul>	<p>Cardiorespiratory:</p> <ul style="list-style-type: none"> <li>- Brisk walk for 30 min</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Core:</p> <ul style="list-style-type: none"> <li>- Plank for 45 secs, 2-3 sets</li> <li>- Crunches, 10 reps, 2-3 sets</li> <li>- Side Bridge, 45 secs, 2-3 sets</li> </ul> <p>Upper Body</p> <ul style="list-style-type: none"> <li>- Triceps extension, 10 reps, 3 sets, 60% of 1RM</li> <li>- Bicep Curls, 10 reps, 3 sets, 60% of 1RM</li> <li>- Shoulder Press, 10 reps, 3 sets, 60% of 1RM</li> <li>- Lat Pull Down, 10 reps, 3 sets, 60% of 1RM</li> </ul>	<p>Flexibility:</p> <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Core:</p> <ul style="list-style-type: none"> <li>- Plank for 45 secs, 2-3 sets</li> <li>- Crunches, 10 reps, 2-3 sets</li> <li>- Side Bridge, 45 secs, 2-3 sets</li> </ul>	<p>Cardiorespiratory:</p> <ul style="list-style-type: none"> <li>- Brisk walk for 30 min</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>- Downward dog for 5 seconds, 3 sets</li> <li>- Butterfly Stretch for 30 seconds</li> <li>- Triceps Stretch 15 seconds per arm, 3 sets</li> </ul> <p>Lower Body:</p> <ul style="list-style-type: none"> <li>- Lunges, 12 reps, 2-3 sets, with 5 lb. dumbbells</li> <li>- Calf Raises, 12 reps, 2-3 sets, with 5 lb. dumbbells</li> </ul>