

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 15 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets 	Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Core: <ul style="list-style-type: none"> - Plank for 30 secs, 2 sets - Crunches, 10 reps, 2 sets 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 15 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Upper Body <ul style="list-style-type: none"> - Triceps extension, 10 reps, 2 sets, 60% of 1RM - Bicep Curls, 10 reps, 2 sets, 60% of 1RM - Shoulder Press, 10 reps, 2 sets, 60% of 1RM - Lat Pull Down, 10 reps, 2 sets, 60% of 1RM 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 15 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Lower Body: <ul style="list-style-type: none"> - Lunges, 10 reps, 2 sets - Calf Raises, 10 reps, 2 sets 	Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Core: <ul style="list-style-type: none"> - Plank for 30 secs, 2 sets - Crunches, 10 reps, 2 sets 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 15 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets
2	Rest	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 20 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Upper Body <ul style="list-style-type: none"> - Triceps extension, 10 reps, 2-3 sets, 60% of 1RM - Bicep Curls, 10 reps, 2-3 sets, 60% of 1RM - Shoulder Press, 10 reps, 2-3 sets, 60% of 1RM - Lat Pull Down, 10 reps, 2-3 sets, 60% of 1RM 	Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Core: <ul style="list-style-type: none"> - Plank for 30 secs, 2-3 sets - Crunches, 10 reps, 2-3 sets Lower Body: <ul style="list-style-type: none"> - Lunges, 10 reps, 2-3 sets - Calf Raises, 10 reps, 2-3 sets 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 20 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Upper Body <ul style="list-style-type: none"> - Triceps extension, 10 reps, 2-3 sets, 60% of 1RM - Bicep Curls, 10 reps, 2-3 sets, 60% of 1RM - Shoulder Press, 10 reps, 2-3 sets, 60% of 1RM - Lat Pull Down, 10 reps, 2-3 sets, 60% of 1RM 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 20 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Upper Body <ul style="list-style-type: none"> - Triceps extension, 10 reps, 2-3 sets, 60% of 1RM - Bicep Curls, 10 reps, 2-3 sets, 60% of 1RM - Shoulder Press, 10 reps, 2-3 sets, 60% of 1RM - Lat Pull Down, 10 reps, 2-3 sets, 60% of 1RM 	Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Core: <ul style="list-style-type: none"> - Plank for 30 secs, 2-3 sets - Crunches, 10 reps, 2-3 sets 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 20 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets Lower Body: <ul style="list-style-type: none"> - Lunges, 10 reps, 2-3 sets - Calf Raises, 10 reps, 2-3 sets
3	Rest	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 25 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets 	Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 30 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 25 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets 	Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds 	Cardiorespiratory: <ul style="list-style-type: none"> - Brisk walk for 25 min Flexibility: <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds

		<ul style="list-style-type: none"> sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets <p>Upper Body</p> <ul style="list-style-type: none"> - Triceps extension, 10 reps, 2 sets, 70% of 1RM - Bicep Curls, 10 reps, 2 sets, 70% of 1RM - Shoulder Press, 10 reps, 2 sets, 70% of 1RM - Lat Pull Down, 10 reps, 2 sets, 70% of 1RM 	<ul style="list-style-type: none"> - Triceps Stretch 15 seconds per arm, 3 sets <p>Core:</p> <ul style="list-style-type: none"> - Plank for 30 secs, 2-3 sets - Crunches, 10 reps, 2-3 sets - Side Bridge, 30 secs, 2-3 sets <p>Lower Body:</p> <ul style="list-style-type: none"> - Lunges, 12 reps, 2-3 sets - Calf Raises, 12 reps, 2-3 sets 	<ul style="list-style-type: none"> sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets 	<ul style="list-style-type: none"> sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets <p>Upper Body</p> <ul style="list-style-type: none"> - Triceps extension, 10 reps, 2 sets, 70% of 1RM - Bicep Curls, 10 reps, 2 sets, 70% of 1RM - Shoulder Press, 10 reps, 2 sets, 70% of 1RM - Lat Pull Down, 10 reps, 2 sets, 70% of 1RM 	<p>seconds per arm, 3 sets</p> <p>Core:</p> <ul style="list-style-type: none"> - Plank for 30 secs, 2-3 sets - Crunches, 10 reps, 2-3 sets - Side Bridge, 30 secs, 2-3 sets 	<p>seconds</p> <ul style="list-style-type: none"> - Triceps Stretch 15 seconds per arm, 3 sets <p>Lower Body:</p> <ul style="list-style-type: none"> - Lunges, 12 reps, 2-3 sets - Calf Raises, 12 reps, 2-3 sets
4	Rest	<p>Cardiorespiratory:</p> <ul style="list-style-type: none"> - Brisk walk for 30 min <p>Flexibility:</p> <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets <p>Core:</p> <ul style="list-style-type: none"> - Plank for 45 secs, 2-3 sets - Crunches, 10 reps, 2-3 sets - Side Bridge, 45 secs, 2-3 sets <p>Upper Body</p> <ul style="list-style-type: none"> - Triceps extension, 10 reps, 3 sets, 70% of 1RM - Bicep Curls, 10 reps, 3 sets, 70% of 1RM - Shoulder Press, 10 reps, 3 sets, 70% of 1RM - Lat Pull Down, 10 reps, 3 sets, 70% of 1RM 	<p>Flexibility:</p> <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets <p>Core:</p> <ul style="list-style-type: none"> - Plank for 45 secs, 2-3 sets - Crunches, 10 reps, 2-3 sets - Side Bridge, 45 secs, 2-3 sets <p>Lower Body:</p> <ul style="list-style-type: none"> - Lunges, 12 reps, 2-3 sets, with 5lb. dumbbells - Calf Raises, 12 reps, 2-3 sets, with 5 lb. dumbbells 	<p>Cardiorespiratory:</p> <ul style="list-style-type: none"> - Bike at 0.5-1.0 kP at 60 rpm for 30 min <p>Flexibility:</p> <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets 	<p>Cardiorespiratory:</p> <ul style="list-style-type: none"> - Brisk walk for 30 min <p>Flexibility:</p> <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets <p>Core:</p> <ul style="list-style-type: none"> - Plank for 45 secs, 2-3 sets - Crunches, 10 reps, 2-3 sets - Side Bridge, 45 secs, 2-3 sets <p>Upper Body</p> <ul style="list-style-type: none"> - Triceps extension, 10 reps, 3 sets, 70% of 1RM - Bicep Curls, 10 reps, 3 sets, 70% of 1RM - Shoulder Press, 10 reps, 3 sets, 70% of 1RM - Lat Pull Down, 10 reps, 3 sets, 70% of 1RM 	<p>Flexibility:</p> <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets <p>Core:</p> <ul style="list-style-type: none"> - Plank for 45 secs, 2-3 sets - Crunches, 10 reps, 2-3 sets - Side Bridge, 45 secs, 2-3 sets 	<p>Cardiorespiratory:</p> <ul style="list-style-type: none"> - Brisk walk for 30 min <p>Flexibility:</p> <ul style="list-style-type: none"> - Downward dog for 5 seconds, 3 sets - Butterfly Stretch for 30 seconds - Triceps Stretch 15 seconds per arm, 3 sets <p>Lower Body:</p> <ul style="list-style-type: none"> - Lunges, 12 reps, 2-3 sets, with 5 lb. dumbbells - Calf Raises, 12 reps, 2-3 sets, with 5 lb. dumbbells