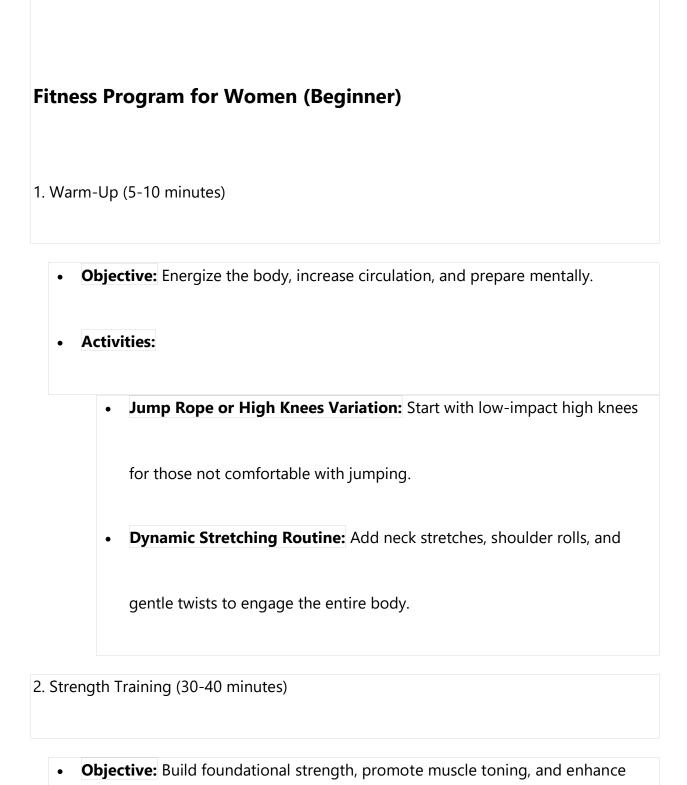


## **Days committed:**

Name:	Data
Name:	Date:
The mission:	
Start weight :	
(take a picture for yourself la	ter)
Starting bench:	
Starting squat/deadlift:	
Starting Pullup count:	
Starting curl weight:	



flexibility.

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## Day 1: Full Body Circuit

• Modified Dumbbell Squats: Use a chair for squat depth guidance.

Focus on controlled movements.

- Seated Overhead Press: To ensure back support and form, especially for beginners.
- Bench Tricep Dips: Adjust the difficulty by extending or bending legs.

## Day 2: Core & Flexibility

- Beginner Yoga Flow: Include foundational poses with an emphasis on breathing techniques.
- **Introductory Pilates:** Focus on basic moves that enhance core strength and stability.

• Da	y 3: Lower Body & Glutes				
	• <b>Elevated Glute Bridges:</b> Use a step or platform to increase range				
	of motion.				
	Assisted Step-Ups: Use a railing or wall for balance support.				
	Seated Calf Raises: Start seated for those with balance concerns,				
	progressing to standing.				
3. Cardiovascular	Training (20-30 minutes)				
• Objective	: Improve cardiovascular fitness, enhance mood, and promote weight				
management.					
• Options:					
• Elli	ptical Interval Training: Alternate between moderate and vigorous				
effo	ort.				

	•	Dance Cardio Session: Incorporate simple choreography for a fun and
		engaging workout.
	•	Nature Walks: Encourage outdoor walks in nature to boost mental well-
		being.
4. Cool D	ow	n (5-10 minutes)
		ctive: Facilitate recovery, enhance flexibility, and calm the mind.
• A	ctiv	ities:
	•	<b>Restorative Yoga Poses:</b> Focus on poses that relax and stretch the body.
	•	Full Body Stretch Routine: Include specific stretches for areas worked
	•	<b>Full Body Stretch Routine:</b> Include specific stretches for areas worked during the session.
	•	
Specia	·	

- Weekly Wellness Tips: Share weekly advice on topics like nutrition, sleep, and stress management.
- **Interactive Challenges:** Include small, achievable challenges to keep participants engaged and motivated.
- **Personalized Modifications:** Offer variations for each exercise to accommodate different fitness levels.
- Progress Journal: Encourage maintaining a journal to track exercise, mood, and overall well-being.

## **Safety and Empowerment:**

- **Instructional Videos:** Provide short videos demonstrating correct form and modifications.
- **Regular Check-ins:** Offer virtual check-ins or Q&A sessions to address concerns and provide support.

• **Mindful Movement:** Emphasize the importance of moving with awareness and

respect for one's body.



Days completed:

- The result:
- End weight:
- (look at the photo you took and see your ROI)
- End bench:
- End squat/deadlift:

•	End Pullup count:
•	End curl weight: