

3-MONTH EXERCISE PLAN

sunday	monday	tuesday	wednesday	thursday	friday	saturday
★	DYNAMIC WARM-UP FOUNDATIONS CHEST & BACK COOL-DOWN	DYNAMIC WARM-UP FOUNDATIONS ARMS & SHOULDERS COOL-DOWN	DYNAMIC WARM-UP FOUNDATIONS LEGS & CORE COOL-DOWN	★	DYNAMIC WARM-UP FOUNDATIONS TOTAL BODY COOL-DOWN	★
★	DYNAMIC WARM-UP FOUNDATIONS CHEST & BACK COOL-DOWN	★	DYNAMIC WARM-UP FOUNDATIONS LEGS & CORE COOL-DOWN	DYNAMIC WARM-UP FOUNDATIONS ARMS & SHOULDERS COOL-DOWN	★	DYNAMIC WARM-UP FOUNDATIONS CHEST & BACK COOL-DOWN
DYNAMIC WARM-UP FOUNDATIONS CARDIO & CORE COOL-DOWN	DYNAMIC WARM-UP FOUNDATIONS CHEST & BACK COOL-DOWN	★	DYNAMIC WARM-UP FOUNDATIONS LEGS & CORE COOL-DOWN	DYNAMIC WARM-UP FOUNDATIONS ARMS & SHOULDERS COOL-DOWN	★	DYNAMIC WARM-UP FOUNDATIONS TOTAL BODY COOL-DOWN
DYNAMIC WARM-UP FOUNDATIONS CARDIO & CORE COOL-DOWN	DYNAMIC WARM-UP FOUNDATIONS CHEST & BACK COOL-DOWN	★	DYNAMIC WARM-UP FOUNDATIONS LEGS & CORE COOL-DOWN	DYNAMIC WARM-UP FOUNDATIONS ARMS & SHOULDERS COOL-DOWN	★	DYNAMIC WARM-UP FOUNDATIONS TOTAL BODY COOL-DOWN

STRENGTH EXERCISES

CHEST & BACK

Push-Up
Chest Press
Row
Chest Fly
Lat Pull-Down
Back Extension

LEGS

Squat
Lunge
Leg Curl
Side Step
Dead Lift
Step-up

SHOULDERS & ARMS

Shoulder Press
Lateral Raise
Bicep Curl
Hammer Curl
Tricep Kickback
Tricep Dip

TOTAL BODY

1-2 strength exercises per body part.
Add cardio

CARDIO

Walking
Running
Biking
Swimming
Cardio Machine
Mini-trampoline

CORE

Swiss Ball
Scissor
Side Plank
Spinal Balance
Medicine Ball
Leg Lift

★ ACTIVE REST

Walking
Stretching
Dynamic / Foundations
Foam Roller
Play
Outdoor Activity

* Each workout starts with dynamic warm-ups and foundation exercises (10-25 min of cardio and 10-45 minutes of strength training)

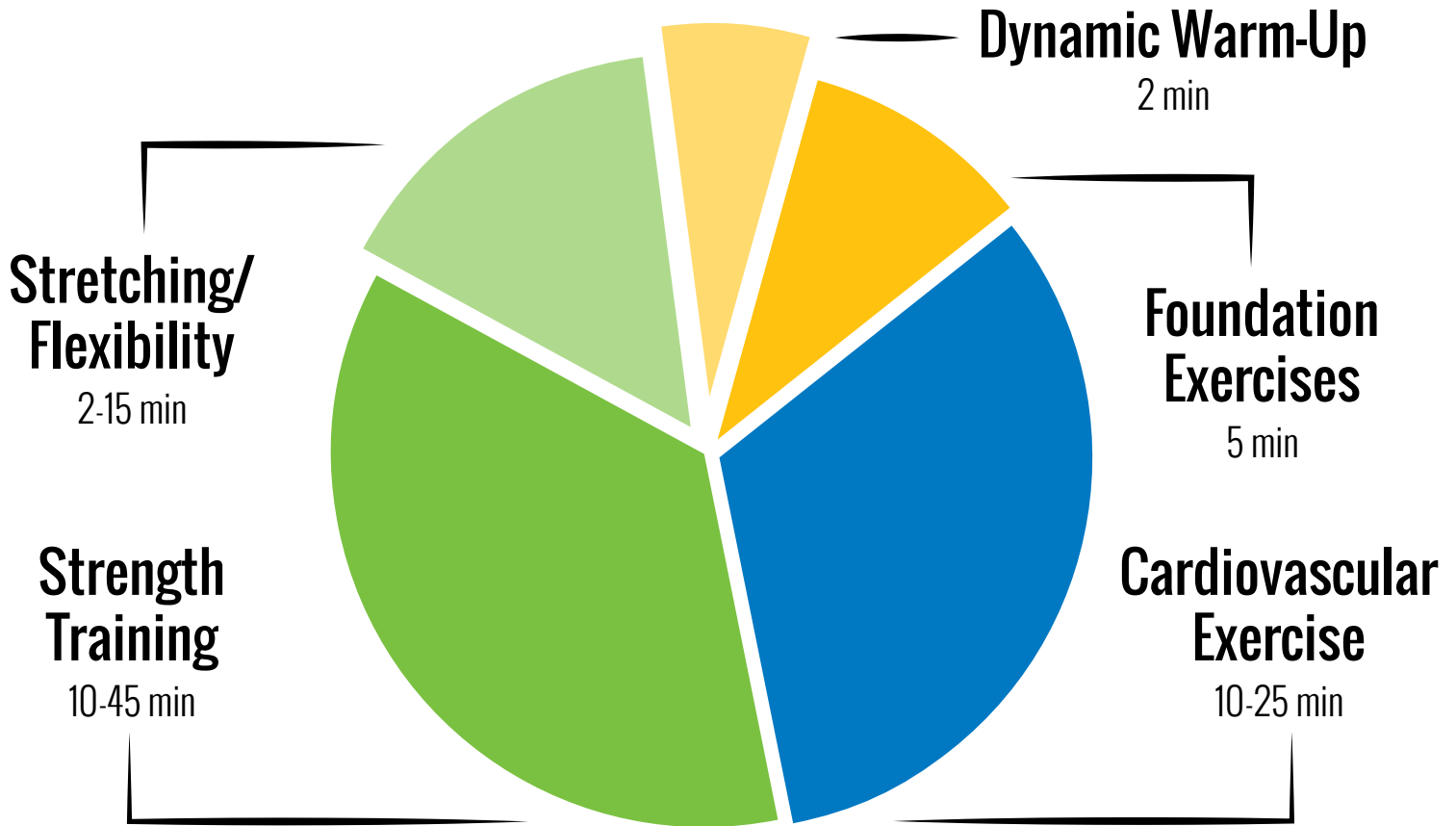
MONTH & INTENSITY

MONTH
MONTH 1
MONTH 2
MONTH 3

SETS
3
4
5

REPS
13
8
5

INTENSITY
MEDIUM
MEDIUM - HIGH
HIGH

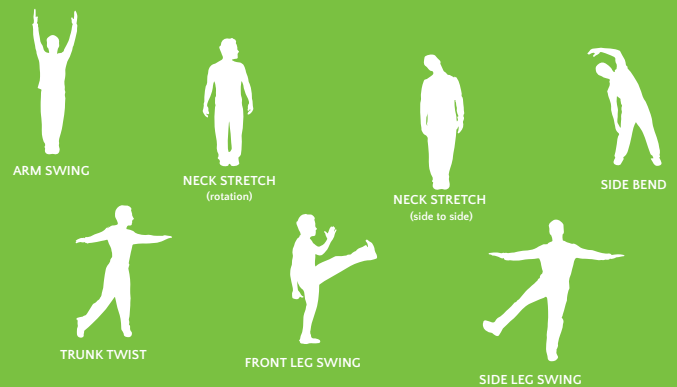


WHY EXERCISE?

- HAPPY BRAIN
- BETTER SLEEP
- HEALTHY DIGESTION
- BALANCE / FLEXIBILITY
- STRONG BODY
- REDUCE STRESS
- IMPROVE SELF CONFIDENCE
- ELEVATE ANXIETY
- INSPIRE OTHERS ♡

Movement is compound interest for your health. Start doing a little bit everyday. It's the small steps that lead to big results!

DYNAMIC WARM-UP



FOUNDATION EXERCISES

