

# Exercise Routine

## WEEKLY WORKOUT PLAN

### BEGINNER LEVEL:

#### CARDIO:

Include activities like brisk walking, cycling, or low-impact aerobic exercises for **20-30** minutes, **3 days** a week.



#### STRENGTH TRAINING:

Bodyweight exercises such as squats, lunges, push-ups, and modified planks, **2 days** a week, starting with **10-12** reps.



#### FLEXIBILITY:

Incorporate basic stretches after each workout or dedicate **a day** to yoga or stretching exercises



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### INTERMEDIATE LEVEL:

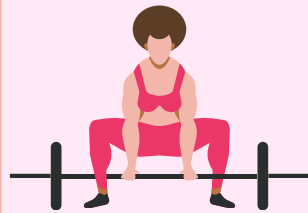
#### CARDIO:

Increase duration to **30-40** minutes and include moderate-intensity activities like jogging, swimming, or dance workouts, **4 days** a week.



#### STRENGTH TRAINING:

Add resistance with dumbbells or resistance bands, focusing on compound movements like deadlifts, rows, and overhead presses, **3 days** a week, aiming for **12-15** reps.



#### FLEXIBILITY:

Include dynamic stretches before workouts and longer stretching routines after, dedicating **one day** specifically to flexibility training.





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## WEEKLY WORKOUT PLAN

### ADVANCED LEVEL

#### CARDIO:

High-intensity interval training (HIIT) or more vigorous exercises like running, cycling at higher speeds, or intense workout classes, **5 days** a week for **45** minutes to **1 hour**.



#### STRENGTH TRAINING:

Incorporate complex movements and advanced techniques, targeting specific muscle groups with heavier weights or more challenging variations, **4 days** a week with **varying** reps and sets.



#### FLEXIBILITY:

Engage in yoga sessions or dedicated mobility drills for at least **20-30** minutes, **2-3** times a week.



# Weekly Planner

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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## PRIORITIES

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## REMINDER

## NEXT WEEK

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*Motivation*

# Fitness Tips

## **Warm-ups:**

Always start with a 5-10 minute warm-up before exercising to prepare muscles and prevent injury. Incorporate dynamic movements like arm circles, leg swings, and light jogging.

## **Cool-downs:**

After workouts, spend 5-10 minutes on cooldown exercises such as stretching or yoga poses to ease muscles and prevent stiffness.

## **Hydration:**

Stay hydrated throughout the day and especially before, during, and after workouts. Aim to drink water regularly to replace fluids lost during exercise.

## **Rest Days:**

Incorporate rest days into your routine to allow muscles time to recover and repair. Rest days are crucial for preventing burnout and reducing the risk of overuse injuries.

## **Injury Prevention:**

Focus on proper form and technique during exercises to prevent injuries. Start with lighter weights and gradually increase as strength improves. Listen to your body and avoid pushing through pain.

## **Progress Gradually:**

Avoid sudden increases in workout intensity or duration. Gradually progress to more challenging exercises to prevent strain or injury.

## **Quality Sleep:**

Prioritize adequate sleep as it's crucial for recovery and overall fitness. Aim for 7-9 hours of quality sleep per night.

## **Nutrition and Recovery:**

Fuel your body with balanced nutrition, including adequate protein, carbohydrates, and healthy fats. Post-workout nutrition and recovery are essential; consider a snack with protein and carbs within an hour after exercising.

## **Listen to Your Body:**

Pay attention to how your body feels. If you're fatigued or experiencing persistent pain, it's okay to modify or skip a workout to prevent overtraining.

**Consult a Professional:**