







MY WEEKLY EXERCISE PLANNER

My goal: _____

On **Mondays, Wednesdays and Fridays**, you should do all exercises. On **Tuesdays and Thursdays**, you should only do the exercises on page 1.

It's OK if some exercises are easy, only move to the next level when you can easily do all exercises in the previous level. If any stretch or exercise is too difficult, or hurts you, skip it.

Always tighten your core before each exercise!		Level 1	Level 2	Level 3	Level 4	Level 5
	Take 3 deep breaths into your stomach					
	Warm-up: march on the spot, knees high	90 secs walk	2 mins walk	3 mins walk	1 min jog	2 mins jog
	Calf Stretch: put hands against wall, one foot forward, one back, lean in	30 secs per leg	30 secs per leg	30 secs per leg	30 secs per leg	30 secs per leg
	Thigh (quad) Stretch: lay on your side on the floor, grab ankle and pull toward butt	30 secs per leg	30 secs per leg	30 secs per leg	30 secs per leg	30 secs per leg
	Groin & Hamstring Stretch: stand with legs 2 body widths apart, hug left leg (head to knee), move to centre and reach for floor, move right and hug right leg	30 secs total	30 secs total	30 secs total	30 secs total	30 secs total
	Chest Stretch: hold arm against wall at 90-degree angle	30 secs per arm	30 secs per arm	30 secs per arm	30 secs per arm	30 secs per arm
	Shoulders & Back Stretch: reach up and grab your hands, lean left, reach up to the centre, lean right	30 secs total	30 secs total	30 secs total	30 secs total	30 secs total



Always tighten your core before each exercise!		Level 1	Level 2	Level 3	Level 4	Level 5
	Jumping Jacks: or star jumps	10 times	20 times	30 times	40 times	50 times
	Heel Raises: hold onto wall, push up on one leg	10 times per leg	15 times per leg	20 times per leg	25 times per leg	30 times per leg
	Squats: sit down on a chair and stand up again	20 times	40 times	60 times	80 times	100 times
	Step-ups: (if you have stairs or a stable step), use railing or a wall if you're unstable. Step up with right leg then left, then down with right leg then left. Do reps, then switch legs.	10 times per leg	15 times per leg	20 times per leg	25 times per leg	30 times per leg
	Wall Push-ups: both hands against wall, stand back as far as comfortable and do push ups	10 times	15 times	20 times	25 times	30 times
	Bicep curl: with 1kg in each hand, raise from hip to shoulder, repeat	15 times per arm	20 times per arm	25 times per arm	30 times per arm	35 times per arm
	Core rotation: set feet 2 body widths apart (adjust stance so you're comfortable), with 1kg in both hands straight in front. Turn upper body to left and squat, turn upper body to right and squat.	10 times	20 times	30 times	40 times	50 times
	Balance: remove your shoes and stand for as long as you can on each leg without over balancing. Place a finger on the wall to start, if needed.	30 secs per leg	30 secs per leg	45 secs per leg	45 secs per leg	45 secs per leg
	Stretch & roll out any sore muscles	as needed	as needed	as needed	as needed	as needed

