

EXERCISE PLAN

Moderate-intensity

Weeks 1 - 4



TERMINOLOGY

Reps: The amount of times you repeat the exercise move

Sets: The amount of times you complete the number of reps. For example, if there is 10 reps and 2 sets, you will ultimately complete 20 reps.

Rest period: The amount of time you rest between each set. In the previous example, you would rest once you completed one set (10 reps) and then complete the last set (10 reps).

Standing: Step out with BUE abduction

Reps: 10 | Sets: 3 | Rest period: 30 s

Standing: Cross body punch

Reps: 10 | Sets: 3 | Rest period: 30 s

Chair squats

Reps: 10 | Sets: 3 | Rest period: 30 s

Wall push-up and clap

Reps: 10 | Sets: 3 | Rest period: 30 s

Standing heel raise

Reps: 15 | Sets: 3 | Rest period: 30 s

STANDING: STEP OUT

Instructions: Place resistance band around your knees. Stands with legs shoulder-width apart. Step your right foot sideways and then return to starting position. Repeat with left foot.

REPS: 10

SETS: 3

REST PERIOD: 30 S



STANDING: CROSS BODY REACH

Instructions: Stands with legs shoulder-width apart. Touch your left foot with your right hand. Repeat with your right hand and left foot.

REPS: 10

SETS: 3

REST PERIOD: 30 S



CHAIR SQUATS

Instructions: Place a chair behind you. Stand with your legs spread apart and your hands together in front of your chest. Bend your knees and lower your bottom until almost touching the chair. Slowly straighten your knees to return to standing position.

REPS: 10

SETS: 2

REST PERIOD: 30 S



WALL PUSH-UP AND CLAP

Instructions: Lean your body against the wall, using your hands to support you. Make sure elbows are bent. Use your arms to push yourself to a standing position. Clap your hands and return to the original position.

REPS: 10

SETS: 3

REST PERIOD: 30 S



STANDING HEEL RAISE

Instructions: Stand with legs shoulder width apart. Without moving other parts of your body, raise your heels. Return to starting position.

REPS: 15

SETS: 3

REST PERIOD: 30 S



EXERCISE PLAN

Moderate-intensity

Weeks 5 - 8



TERMINOLOGY

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Rest period: The amount of time you rest between each set. In the previous example, you would rest once you completed one set (10 reps) and then complete the last set (10 reps).

Punching across body (fast alternating)

Reps: 20 | Sets: 3 | Rest period: 30 s

Air squats (with chair behind for safety)

Reps: 10 | Sets: 3 | Rest period: 30 s

Push up off counter top

Reps: 10 | Sets: 3 | Rest period: 30 s

High knee with standing march

Reps: 20 | Sets: 3 | Rest period: 30 s

Heel raise

Reps: 10 | Sets: 3 | Rest period: 30 s

Rows with band in door

Reps: 10 | Sets: 3 | Rest period: 30 s

PUNCHING ACROSS BODY

Instructions: Make fists with your hands and hold them in front of your chest. Punch towards the right side of your body with your left hand. Punch towards the left with your right hand.

REPS: 20

SETS: 3

REST PERIOD: 30 S



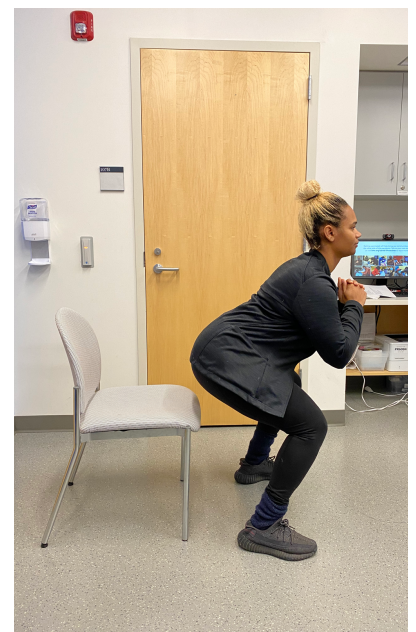
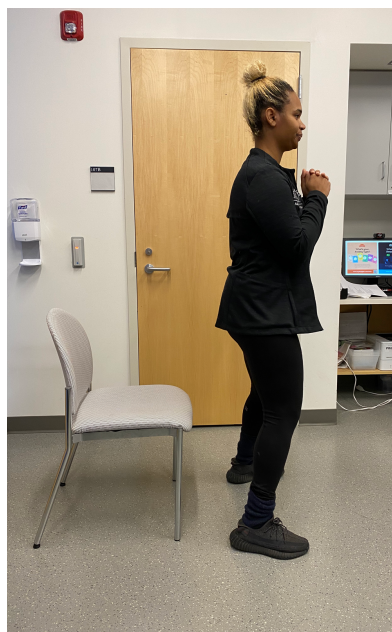
AIR SQUATS

Instructions: Stands with legs shoulder-width apart. Hold your hands together in front of your chest. Bend your knees and lower your bottom until almost touch the chair. Slowly straighten legs to lift your body up.

REPS: 10

SETS: 3

REST PERIOD: 30 S



PUSH UP OFF COUNTER TOP

Instructions: Lean your body against the table/counter top, using your hands to support you. Make sure elbows are bent. Use your arms to push yourself up. Bend your arms to return to the original position.

REPS: 10

SETS: 2

REST PERIOD: 30 S



HIGH KNEE WITH STANDING MARCH

Instructions: Lift your left knee above your hip and then return to standing position. Lift your right knee above your hip and then return to standing position.

REPS: 20

SETS: 3

REST PERIOD: 30 S



STANDING HEEL RAISE

Instructions: Stand with legs shoulder-width apart. Without moving other parts of your body, raise your heels. Return to starting position.

REPS: 10

SETS: 3

REST PERIOD: 30 S



ROWS WITH BAND IN DOOR

Instructions: Place resistance band around door handle. Hold the resistance band with both hands and pull towards your chest.

REPS: 10

SETS: 3

REST PERIOD: 30 S



EXERCISE PLAN

Moderate-intensity

Weeks 9-12



Modified jumping jack with resistance band

Reps: 20 | Sets: 3 | Rest period: 30 s

Air squats with band around knees

Reps: 20 | Sets: 3 | Rest period: 30 s

Knee push-up

Reps: 10 | Sets: 3 | Rest period: 30 s

Standing lunge

Reps: 20 | Sets: 3 | Rest period: 30 s

Jogging in place

30 seconds | Sets: 3 | Rest period: 30 s

Single arm rows with band in door

Reps: 10 | Sets: 3 | Rest period: 30 s

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MODIFIED JUMPING JACK WITH BAND (STEP OUT)

Instructions: Place a resistance band around your knees (not pictured here). Stand with your legs together and arms against your thighs. Step your leg out and lift your arms above you. Bring your feet together and arms to your sides. Repeat on other side.

REPS: 20

SETS: 3

REST PERIOD: 15 S



AIR SQUATS WITH BAND

Instructions: Place band in around your knees (not pictured here) and bend your knees. Hold your body in that position for a few seconds and then slowly straighten your legs.

REPS: 20

SETS: 3

REST PERIOD: 15 S



KNEE PUSH-UP

Instructions: Lie face-down on the floor with your palms and knees touching the ground. Use your hands to push against the floor to raise the front half of your body up. Try to keep your body straight. Next, lower your body down slowly.

REPS: 10

SETS: 2

REST PERIOD: 15 S



STANDING LUNGE

Instructions: Stand up straight, and then step one foot forward. Lower your body by bending the front knee and the back knee, leaning your weight on the front leg. Bring your other leg forward to come back to a standing position. Repeat on other leg.

REPS: 20

SETS: 3

REST PERIOD: 15 S



JOGGING IN PLACE

Instructions: Make fists with your hands and hold your elbows in. Lift one leg at a time like you are jogging, but do not go anywhere. Stay where you are!

30 SECONDS

SETS: 3

REST PERIOD: 15 S



SINGLE ARM ROWS WITH BAND IN DOOR

Instructions: Place the resistance band around a door knob, hook, or something that can hold it. With one hand, hold onto the band and pull your arm towards you. Slowly relax your arm to bring the band back to the door. Repeat with other arm.

REPS: 10

SETS: 3

REST PERIOD: NONE

