

# WORKOUT ROUTINE PLANNER

WEEK OF: April 7 - April 13, 2026

DAYS	EXERCISE	GOALS	NOTES
<b>MONDAY</b>	Seated Leg Raises Seated Knee Extensions (short arc) Seated Hip Marching Chair Sit-to-Stand (assisted) Seated Overhead Press (light dumbbells)		Seated Strength
<b>TUESDAY</b>	Aqua Walking (waist-deep) - 20 min Pool Side Steps - 3 x 1 min Water Arm Swings - 2 x 2 min Seated Pool Knee Lifts - 3 x 12		Water Walking
<b>WEDNESDAY</b>	Recumbent Bike - 20 min (low resistance) Seated Calf Raises - 3 x 20 Ankle Circles - 2 x 10 each direction Seated Torso Twists - 2 x 15 Deep Breathing & Cool-Down - 5 min		Gentle Cardio
<b>THURSDAY</b>	Seated Hamstring Stretch - 3 x 30s Seated Figure-Four Hip Stretch - 3 x 30s Neck & Shoulder Rolls - 2 x 10 Ice Therapy (knees if needed) - 15 min		Rest & Stretch

<b>DAYS</b>	<b>EXERCISE</b>	<b>GOALS</b>	<b>NOTES</b>
<b>FRIDAY</b>	Wall Squats (0-30°) - 3 × 10 Standing Hip Abduction (band) - 3 × 12 Glute Bridges - 3 × 12 Standing Calf Raises (hold chair) - 3 × 15 Quad Stretch (seated) - 3 × 30s		<b>Lower Body Strength</b>
<b>SATURDAY</b>	Aqua Jogging - 15 min Pool Squats (waist-deep) - 3 × 10 Water Leg Swings - 3 × 10 each leg Aqua Side Steps - 3 × 1 min Cool-Down Stretch in Water - 5 min		<b>Pool Session</b>
<b>SUNDAY</b>	Gentle Walk (flat surface) - 10 min Seated Relaxation Stretching - 10 min Hydration & Nutrition Check-in		<b>Full Rest</b>

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