

WORK IT!

WORKOUT PLANNER

Jane Smith

CLIENT:

Jenny Keller

PLAN DATE:

Feb - 2026

CURRENT WEIGHT:

62

	ACTIVITY	REPS	NOTES
DAY 1	<p>Core and Pelvic Floor Activation</p> <p>Pelvic Tilts Focus on gentle pelvic movement, avoid arching back.</p> <p>Kegels (Pelvic Floor Contractions) Contract pelvic floor muscles, relax fully between reps.</p> <p>Heel Slides Keep core engaged, move slowly.</p> <p>Modified Dead Bug Maintain pelvic stability throughout.</p>	<p>3 x 10-12</p> <p>3 x 10-15 seconds hold</p> <p>3 x 10-12 each leg</p> <p>3 x 8-10 each side</p>	

	ACTIVITY	REPS	NOTES
DAY 1	<p>Gentle Strength & Core Stability</p> <p>Wall Push-ups Keep body straight, engage core gently.</p> <p>Glute Bridges Squeeze glutes and pelvic floor gently.</p> <p>Bird Dog (from knees if needed) Keep spine neutral, engage core.</p> <p>Side-Lying Leg Lifts Lift leg with control, avoid hip tilting.</p>	<p>3 x 8-10</p> <p>3 x 10-12</p> <p>3 x 8-10 each side</p> <p>3 x 10-12 each side</p>	
DAY 1	<p>Core Strength and Gradual Fat Loss</p> <p>Incline Push-ups (against counter) Maintain good form and core engagement.</p> <p>Wall Sit Keep knees at 90 degrees, engage core.</p> <p>Standing Pelvic Clock Focus on gentle pelvic mobility.</p> <p>Marching on the Spot Keep core engaged, moderate pace.</p>	<p>3 x 8-10</p> <p>3 x 20-30 seconds</p> <p>3 x 10 slow controlled movements each direction</p> <p>3 x 1-2 minutes</p>	