

DAILY WORKOUT PLANNER

DATE:

WORKOUT:

Monday

EXERCISE	REPS/TIME	SETS	REST
Seated Marching	10-15 each leg	2	45
Chair Sit-to-Stand (use armrests for support if needed)	8-10	3	60
Seated Heel Raises	12-15	3	45
Seated Arm Curls with Light Resistance Band	10-12	3	60

Wednesday

EXERCISE	REPS/TIME	SETS	REST
Seated Knee Extension	10-12 each leg	3	60
Seated Side Leg Lifts	10-12 each leg	3	45
Seated Shoulder Press with Light Resistance Band	8-10	3	60
Seated Torso Twists (without resistance)	10 each side	2	45

Friday

EXERCISE	REPS/TIME	SETS	REST
Seated Ankle Circles	10 each direction per foot	2	30
Chair-assisted Standing Hip Abduction	8-10 each leg	3	60
Seated Chest Press with Light Resistance Band	10-12	3	60
Seated Back Stretch	30 seconds	1	

NOTES:

Fatigue Rating

(1 = no fatigue 5 = total fatigue)

1 2 3 4 5

Workout Rating

(1 = didn't enjoy it 5 = really enjoyed it)

