

WEEKLY WORKOUT PLANNER

NAME:	WEEK OF:	GOAL: Heart health and fat loss
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DAY	FOCUS	EXERCISES	TIME/SETS
MON	LOW-IMPACT CARDIO & MOBILITY	Elliptical Machine or Stationary Bike Keep pace comfortable, focus on steady breathing. Seated Leg Extensions (machine) Slow controlled movement, avoid locking knees. Chest Press (machine) Start with light resistance, focus on form. Gentle Standing Marching Keep a steady pace to keep heart rate moderate.	1 x 15-20 minutes at 3 x 10-12 at 3 x 8-10 at 2 x 1-2 minutes at
WED	STRENGTH & STABILITY	Leg Press (light weight) Controlled movements, avoid locking knees. Lat Pulldown (machine) Focus on controlled pull, engage back muscles. Seated Row (machine) Keep back straight, squeeze shoulder blades. Standing Calf Raises Use wall or support for balance.	3 x 10-12 at 3 x 8-10 at 3 x 8-10 at 2 x 12-15 at
FRI	LOW-IMPACT CIRCUIT & CORE	Recumbent Bike Comfortable pace to maintain moderate heart rate. Wall Push-ups Keep body straight, engage core. Seated Abdominal Crunch (machine or floor) Engage core muscles, avoid neck strain. Bird Dog Slow controlled movement, keep balance.	1 x 15 minutes at 3 x 8-10 at 3 x 10-12 at 3 x 8 each side at

WEEKLY NOTES	
BEST WORKOUT:	WATER INTAKE: ___ L/DAY
IMPROVEMENT NEEDED:	TOTAL TIME SPENT: ___ MINS/WEEK