



John Doe

EXERCISE PLAN SCHEDULE

Prepared By: **Mina Farahani**

| Day | Exercise Type | Time | Exercises |
|----------|---|--|--|
| Monday | Low-Impact Cardio & Mobility | Focus on gentle movements to protect joints. | Seated Marching: 3 sets of 30 seconds Wall Push-offs: 3 sets of 8-10 Ankle Circles: 2 sets of 10 each side Neck Stretch: 2 sets of 20 seconds each side |
| Tuesday | Resistance Training - Upper Body & Core | Use controlled movements to build strength safely. | Wall Push-ups: 3 sets of 8-10 Seated Arm Raises (with or without light weights): 3 sets of 10-12 Seated Torso Twists: 3 sets of 8-10 each side Pelvic Tilts (on back): 3 sets of 10-12 |
| Thursday | Low-Impact Cardio & Lower Body | Protect knees with gentle exercises. | Chair-Assisted Squats: 3 sets of 8-10 Heel Raises: 3 sets of 10-12 Side Leg Raises (standing with support): 3 sets of 8-10 each side Seated Knee Extensions: 3 sets of 10-12 |
| Friday | Active Recovery & Flexibility | Improve mobility and relax muscles. | Gentle Seated Stretching: 1 sets of 30-60 seconds each Cat-Cow Stretch (on all fours): 2 sets of 8-10 Seated Hamstring Stretch: 2 sets of 20-30 seconds each leg Slow Walking for 15 minutes: 1 sets of |

Focus on form and control, especially on lighter days. Hydrate well.