

WEEKLY WORKOUT

Schedule

(Female)

Age: 50

H:

W: Normal

Mon	Cardio and Flexibility		
	<input type="checkbox"/> Brisk Walking Maintain a comfortable pace.	1 x 15-20 minutes	
	<input type="checkbox"/> Seated Marching Lift knees one at a time, stay seated.	2 x 1 minute	30
	<input type="checkbox"/> Standing Side Leg Lifts Use chair for balance if needed.	2 x 8-10 each leg	30
	<input type="checkbox"/> Neck and Shoulder Rolls Slow and gentle movements.	2 x 10	
Wed	Strength and Mobility		
	<input type="checkbox"/> Wall Push-Ups Keep body straight, engage core.	3 x 8-10	60
	<input type="checkbox"/> Chair Squats Sit back slowly and stand up with control.	3 x 10-12	60
	<input type="checkbox"/> Seated Knee Extensions Straighten leg slowly and lower.	3 x 10 each leg	60
	<input type="checkbox"/> Cat-Cow Stretch Move slowly to loosen spine.	2 x 8-10	

Mixed Cardio and Light Strength

Fri

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|--|-----------------|----|
| <input type="checkbox"/> Step Touch (side to side step)
Keep movements smooth and controlled. | 2 x 1-2 minutes | 30 |
| <input type="checkbox"/> Wall Angels
Keep back against wall, move arms slowly. | 3 x 10 | 60 |
| <input type="checkbox"/> Bird Dog (on hands and knees)
Maintain balance and stable core. | 3 x 8 each side | 60 |
| <input type="checkbox"/> Standing Calf Raises
Hold onto chair for stability if needed. | 3 x 12-15 | 60 |

By: ()

