

3 Element Health Plan Physical Activity Plan

Phase IV, Week 13-16

| CARDIO TRAINING | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--|--|---|----------|--|---|---|
| Activity | Power walking/ or light walk-jog, or Jogging only. Add 5 speedier intervals of a minimum of 2-3 min. | 3sets of 10 mins speed walking with 5 mins stretching and bench press up in between sets | Power Walking with occasional Walk – jog/Cycling/ Exercise to music/ possible exercise class / or choose a new sport i.e. badminton or tennis | Rest Day | Power walking/ Cycling/ | Anything having fun i.e. Trying fitness class, Boot camp, Rowing. Alternatively choose an intense power walk or jog.(45 min) | Functional activities i.e. create a cycle route, plan a walk in the woods, walk or run rd a lake. |
| Time/Distance | 40-45 mins | 40mins | 40- 50 mins | | 40min | 45min -1 hr | 1-2 hrs |
| Heart rate | 70-85 % of max | 70-85% of max | 70 -85% of max | | 70-85% of max | 70-85% of max | 70-85% of max |
| Intensity | 7 | 7 | 6/ 7 | | 6/7 | 7 | 6/7 |
| Notes | Ensure to reach the intensity | At least 1 set should go up hill | Wednesday program could be moved to Thursday. <u>By now you should be able to rope skip.</u> | | Work towards increasing time over distance | | |

Phase IV, Week 13-16

| STRENGTH EXERCISES | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|---|---|---|----------|---|---|---|
| Activity | 1 Push ups 2.Bicep Curls 3.Overhead shoulder press 4. Lunges 5. Step up to balance 6. Abdominal curl | 1.Abdominal curls 2. Oblique Abdominal curls on the floor 3. Plank , hold for 20-40 sec (6 – 8 min) | See Monday add 1 set of 50 skips between <u>complete</u> sets | | 1.DB shoulder exercises a. anterior b. lateral 2.Stairclimbing(minimum 10 stairs) carrying 2x 4/5kg DB 3.Press Ups on floor 4. Lower back extensions 5...Abdominal Exercises (6-8 mins) | 1. Repeater Step ups 2. Side Lunges over a small step bench or imaginary line. 3. Step up to balance with DBs 4.negative push ups (3x 8/10) 5. Hip extensions on floor or Swiss Ball, double leg and single leg. 6 Abdominal exercises (5 min) | Alternatively create your own exercise circuit but pick 3 upper body, lower body and abdominal exercises from this week's list. |
| Weight | 2x 2 / 5kg | n/a | n/a | | 2-5kg DB | n/a | 2-5 kg DB |
| Sets/Reps | 4x 10/12 each | 6-8 min | 4x 10/12 each | | 4x10 each (except abdominals) | 4x 10 except push ups | 4x 10 each |
| Rest Time | 1.5 mins max | | 1.5min | | 1.5 min | 1.5min | 1.5 min |
| Notes | You should start holding light dumbbells during lunges and step ups. For shoulder work increase weight progressively. | | Try and reduce rest periods | | | Add 1x 50 skips between complete sets | Either Saturday or Sunday should be an intense training day. |

| STRETCH EXERCISES | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---|--|--|----------|---|---|---------------------------------------|
| Activity | Any with specific attention to chest, calf and hamstring. | 1.Calf Stretches 2.Hamstring Stretches 3.Hip Stretches | See Monday but add more rotational movements | | See Monday but focus on chest, calf and hamstring | See Monday and add spinal stretches on floor. | All stretches |
| Time | 7 /8min | 5 min | 7/8 min | | 7/8 min | 8/10 min | 10 min |
| Notes | Please keep your activity log. | Go to www.wellnessradar.com For your free Activity Log. | Keep track of everything | | Note down how you feel today | Keep notes | How would you describe your progress? |

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