

### 3 Element Health Plan Physical Activity Log

#### Phase III, Week 9-12

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 1 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	Rest Day	Power walking/ Cycling/ Skating/ Dancing/ Light jogging/ hill walking	Anything having fun i.e. Trying fitness class, Tennis, Badminton or In- line skating.	Functional activities i.e. participate in a charity walk or organize an outdoor treasure hunt. Climb a mountain.
Time/Distance	35-40 mins	40mins	40- 50 mins		40min	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	Note the increased intensity	At least 1 set should go up hill	Wednesday programme could be moved to Thursday. <u>By now you should be able to rope skip.</u>		Map out a route that you complete in 40 mins at set intensity.	This part of the day is optional	

Phase III, Week 9-12

STRENGTH EXERCISES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	1 Push up( half or full) 2.Tricep push ups 3.Alternating lunges 4 Forward squat jumps 5 Step ups onto platform 6 Big arm movements with DB	Abdominal Exercises on the floor ( 6 – 8 min )	See Monday but add 5-7 mins of Abdominal exercises <u>and</u> add 1 set of 30 skips between <u>complete</u> sets		1.DB shoulder exercises( anterior/ 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 imageniry 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.
Weight	2x 2 / 3kg	n/a	n/a		2-5kg DB	n/a	n/a
Sets/Reps	4x 10/12 each	6-8 min	4x 10/12 each		4x10 each ( except abdominals)	4x 10 except push ups	n/a
Rest Time	1.5 mins		1.5min		1.5 min	1.5min	n/a
Notes	You should start holding light dumbbells during lunges and step ups					Add 4x 1min mirror boxing whilst constantly moving on your feet and holding 2x 2 kg weights	

**The 3 Element Health Plan**

<b>STRETCH EXERCISES</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity</b>	Any with specific attention to chest, calf and hamstring.	See CV workout	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
<b>Time</b>	7 /8min		7/8 min		7/8 min	8/10 min	10 min
<b>Notes</b>	Please keep your activity log.	Go to <a href="http://www.wellnessradar.com">www.wellnessradar.com</a> for your free Activity Log.	Keep track of everything		Note down how you feel today	Keep notes	Did you enjoy this weeks plan?

For your additional free bi-monthly HealthyFitFactSheet go to [www.wellnessradar.com](http://www.wellnessradar.com)