

3 Element Health Plan Physical Activity Log

Phase VI, Week 21-24

CARDIO TRAINING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	Any type of cardio vascular exercise	Interval training (be creative, i.e. sets of middle distance, hill running, shuttle runs)	Choose your preferred type of cardio vascular activity or try to join a walking or running group	Rest Day	Any type of cardio vascular training.	Choose your Preferred type of cardio vascular activity or try sthg new, consider involving your partner or even the whole family.	Functional activities i.e. create a cycle route, plan a walk in the woods, walk or run rd a lake. Go hiking or climbing.
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	7/8	7	6/ 7		7/8	7	6/7
Notes	Ensure to reach the intensity		Wednesday program could be moved to Thursday.		Work towards increasing time over distance		

Phase VI, Week 21-24

STRENGTH EXERCISES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	6 different resistance/strength exercises for upper and lower body.	1. Abdominal curls 2. Oblique Abdominal curls on the floor 3. Plank, hold for 20-40 sec (8 – 10 min)	See Monday add 1 set of 50 to 100 skips between <u>complete</u> sets		6 different exercises of your choice for upper body, lower body and abdominals.	6 different resistance exercises	Alternatively create your own exercise circuit but pick 4 upper body, lower body and abdominal exercises from this week's list.
Weight	2x 2 / 5kg DB	n/a	n/a		5- 10 kg DB	5- 10 kg DB	3-10 kg DB
Sets/Reps	4x 10/12 each	8-10 min	3x 10 each		4x10 each	4x 10	4x 10 each
Rest Time	1.5 mins max		1.5min		1.5 min	1.5min	1.5 min
Notes	Add dumbbells where possible and increase weight over time	Again try and increase the tempo of the repetitions	Try and reduce rest periods and work up to 100 skips per Repetition.		Continue to increase weight over time	Add sets of skips with a rope or running on the spot	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 stretches.		See Monday but focus on chest, calf and hamstring	See Monday and add spinal stretches on floor.	All stretches
Time	7 /8min	5-7 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	Continue to increase time, intensity and resistance. Good luck.

For your additional free bi-monthly HealthyFitFactSheet go to www.wellnessradar.com