

3 Element Health Plan Physical Activity Log

Phase V, Week 17-20

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 3-5 min.	3sets of 12mins speed walking or light jogging with 5 mins stretching and bench press up in between sets	Choose your preferred type of cardio vascular activity	Rest Day	Power walking/ Cycling/	Choose your Preferred type of cardio vascular activity or try sthg new like rowing, badminton, Nordic walking, a game of rounders etc	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	7	6/ 7		6/7	7	6/7
Notes	Ensure to reach the intensity	At least 1 set should go up hill or choose uneven terrain ie woods	Wednesday program could be moved to Thursday. <u>By now you should be able to rope skip.</u>		Work towards increasing time over distance		

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STRENGTH EXERCISES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity	1 Push ups 2.Bicep Curls 3.Overhead shoulder press 4. Lunges in forward movement 5.DB 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 60 skips between <u>complete</u> sets		1.DB shoulder exercises a. anterior b. lateral 2.Stairclimbing(minimum 10 stairs) carrying 2x 5/8 kg DB 3.Press Ups on floor 4. Lower back extensions 5. Squat jumps 6...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 4 upper body, lower body and abdominal exercises from this week's list.
Weight	2x 2 / 5kg	n/a	n/a		5-8 kg DB	5- 8 kg DB	3-8 kg DB
Sets/Reps	4x 10/12 each	6-8 min	3x 10 each		4x10 each	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. Overall increase tempo of repetitions	Again try and increase the tempo of the repetitions	Try and reduce rest periods and work up to 100 skips per Repetition.			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 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	How would you describe your progress?

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