

Exercise plan for the long-run...

<p>Week 1:</p> <p>3-4 days of exercise</p> <p>3 days of weights and 1 of cardio</p>	<p>Monday:</p> <p>Start the week off strong...</p> <p>20 minute bodyweight exercises</p> <p>Hit chest, legs, and core</p> <p>Example exercises will be listed</p> <p>Rest following day</p>	<p>Wednesday:</p> <p>Cardio day!</p> <p>15-20 minutes of walking, running, swimming, jump rope, etc</p> <p>Rest following day</p>	<p>Friday:</p> <p>Repeat mondays exercise but add 5-10 minutes</p> <p>Weekend: rest OR add another bodyweight day</p>
<p>Week 2:</p> <p>3-4 days of exercise</p>	<p>Monday:</p> <p>Cardio DAY!</p> <p>Try to keep your body guessing</p> <p>Take a walk following day to help with soreness</p>	<p>Wednesday:</p> <p>Weights if available... same as week one</p> <p>If not, increase reps of chest, legs, core and add back</p> <p>Rest following day, ice, heat, stretching to help recovery</p>	<p>Friday:</p> <p>Weights again...</p> <p>Weekend same as week one</p>
<p>Week 3:</p> <p>Getting interesting...</p> <p>3-4 days of exercise</p>	<p>Monday:</p> <p>Weighted exercises</p> <p>Make workout more intense, create resistance in your workout routine</p> <p>Repeat recovery processes</p>	<p>Wednesday:</p> <p>Cardio DAY...</p> <p>Push yourself to maintain your cardio for longer.. 25-30 minutes</p> <p>Elevate legs to reduce swelling</p>	<p>Friday:</p> <p>Weights again but increase intensity</p> <p>Weekend: recovery process</p>
<p>Week 4:</p> <p>FINAL WEEK:</p> <p>3-4 Exercises</p>	<p>Monday:</p> <p>Cardio for 30 minutes</p> <p>Tough week...</p>	<p>Wednesday:</p> <p>Weights with high intensity movement ... Will explain</p> <p>5-10 minutes</p>	<p>Friday:</p> <p>Depending how wednesday was... weights again with high intensity or just a normal body weight routine</p>

Example body weight exercises:

CHEST- Pushups(many variations), resistance bands, bench press(many variations)

NOTE: To create intensity, do different exercises than previous workout, high intensity means performing exercises quickly to increase heart rate

Legs- air squats, lunges, goblet squats w/ weight, rocket jumps, split lunges.

Core- sit ups, crunches, deadbugs, leg raises, russian twists, 6 inches, "hold the world"

Back- weighted flies, back crunches, deadlifts, rows.

