

# EXERCISE CHECKLIST

## WEEK 1

EXERCISE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>CARDIO</b> 30 to 45 minutes, 6 times a week Power walking, running, cycling, stair-climbing, jumping rope, spinning, kickboxing, skating, rowing, dancing, skiing, swimming, elliptical							
<b>HIGH-INTENSITY INTERVAL TRAINING (HIIT)</b> 3 times a week							
<b>LOW-INTENSITY STEADY-STATE TRAINING (LISS)</b> 3 times a week							
<b>STRENGTH</b> 5 times a week 3 exercises—4 series of 20, 15, 12, and 10 repetitions One day per group Glutes—quadriceps—femorals—biceps/triceps—shoulders/back							
<b>ABDOMINALS</b> 3 days a week 3 exercises—4 series of 25 repetitions							

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