

EXERCISE PLANNER



MONDAY

- Aerobic
- Resistance
- Balance

Plan your week ahead of time to help you achieve your goals.

TUESDAY

- Aerobic
- Resistance
- Balance

GOALS

WEDNESDAY

- Aerobic
- Resistance
- Balance

THURSDAY

- Aerobic
- Resistance
- Balance



FRIDAY

- Aerobic
- Resistance
- Balance

GUIDELINES

Aerobic exercise
Moderate 150-300 minutes
or
Vigorous 75 - 150 minutes

SATURDAY

- Aerobic
- Resistance
- Balance

Resistance training
2 days

SUNDAY

- Aerobic
- Resistance
- Balance

Balance practice
daily

