

Monday: Push Day 30 min

- Push-ups
 - (Use wall/couch/knees if needed)
 - Goal 1: Move from wall support to knees etc.
 - Goal 2: Add 5 pushups per week
 - 3 sets x 20 pushups
- Plank
 - Goal: Add 5 seconds per week
 - 3 sets of 30 seconds
- Burpees
 - Goal 1: Add push up to drop
 - Goal 2: Add 5 burpees per week
 - 3 sets of 15-20
- Shoulder taps
 - Hold a plank and go back and forth tapping each shoulder
 - 3 sets of 25 per shoulder

Tuesday: Strength 30 min

- Sit ups
 - As many reps as possible in 1 minute 30 seconds
 - 3 sets
- Russian Twists
 - Goal 1: Add weight (5-25lbs)
 - Goal 2: Keep feet off ground
 - 3 sets of 50
- Mountain Climbers
 - 3 sets of 50
- Shoulder press
 - 3 sets of 8-15 reps
 - Goal: increase weight per week
- Pullups
 - Begin with band or negatives if unable
 - As many reps until failure

Wednesday: Cardio 20-30 minute

- Walk/Jog/Run 2 miles
 - Goal 1: increase incline each week
 - Goal 2: Reduce walking time and increase running time by 1 minute per week
 - Goal 3: Add .25 mile per week

Thursday Legs 30 min

- Squats
 - Goal: Add 2-5lbs weight a week
 - 5 sets of 25
- Calf Raises
 - Goal: Add 2-5lbs weight per week
 - 5 sets of 25
- Step ups (use a curb or box)
 - 3 sets of 12
- Wall sit
 - Goal: Add 10 seconds a week
 - 5 sets of 30 seconds
- Flutter Kicks
 - Goal: Add 5 seconds per week
 - 5 sets of 30 seconds
- Lunges
 - 5 sets of 15 per leg
 - Goal: add weight and increase by 2-5lbs per week

Friday: Cardio 20-30 minute

- Walk/Jog/Run 2 miles
 - Goal 1: increase incline each week
 - Goal 2: Reduce walking time and increase running time by 1 minute per week
 - Goal 3: Add .25 mile per week

Saturday: Rest/ Stretch

- Yoga
- Walk
- Stretches

Sunday: Rest