

Monday

Resistance Training



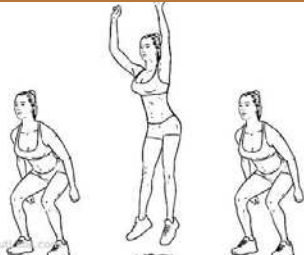
Jump squats
Squats
Calf raises
Hyper extensions

Crunches
Leg press
Leg extensions
Pull ups

CIRCUIT ONE

10
reps

Jump squats



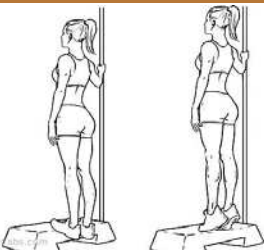
15
reps

Squats



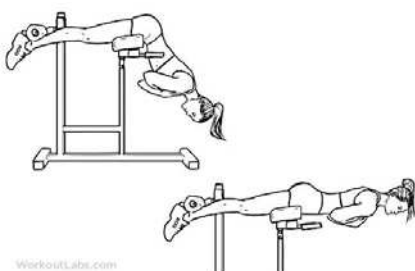
30
reps

Calf raises



24
reps

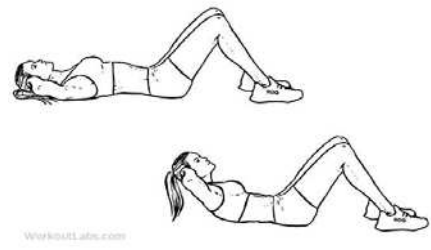
Hyper extensions



CIRCUIT TWO

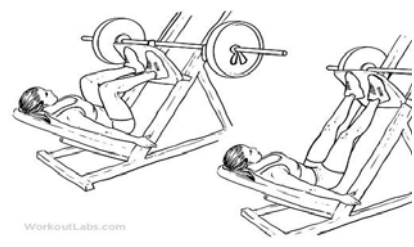
20
reps

Crunches



15
reps

Leg press



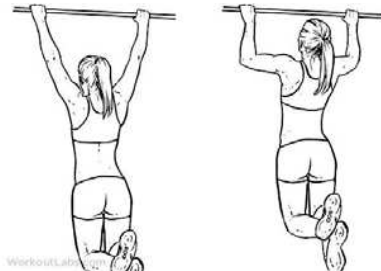
15
reps

Leg extensions



10
reps

Pull ups



Wednesday

Resistance Training



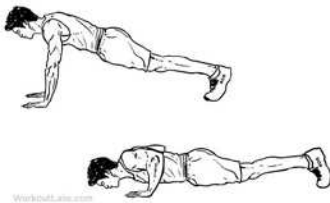
Push ups
Abductor
Bicycle crunches
Squats

Hyper extensions
Leg extensions
Calf raises
Pullups

CIRCUIT ONE

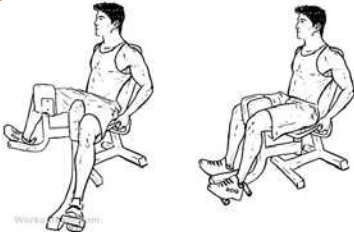
15
reps

Push ups



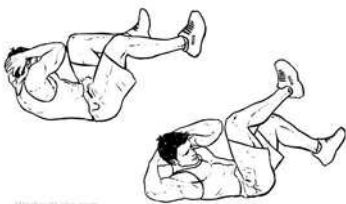
15
reps

Abductor



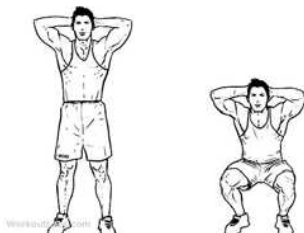
40
reps

Bicycle crunches (20 per side)



15
reps

Squats



24
reps

Hyper extensions



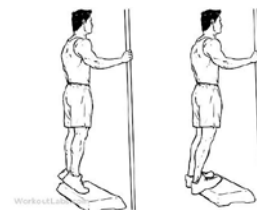
15
reps

Leg extensions



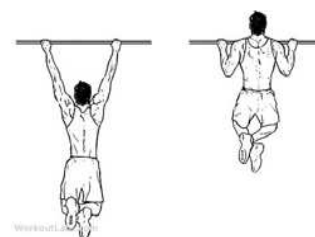
30
reps

Calf raises



15
reps

Pull ups



OPTIONAL

Friday

Resistance Training

Leg raises

Crunches

Walking lunges

Hyper extensions

Squats

Leg press

Calf raises

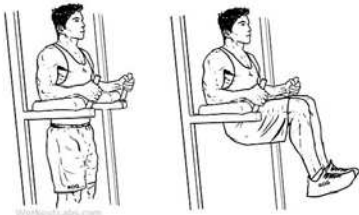
Push ups



CIRCUIT ONE

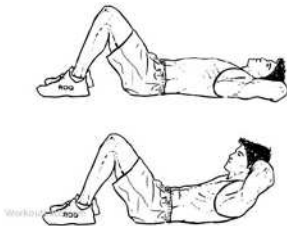
15
reps

Leg raises



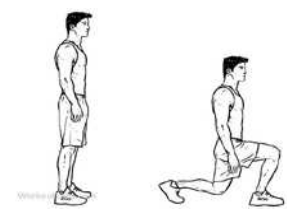
20
reps

Crunches



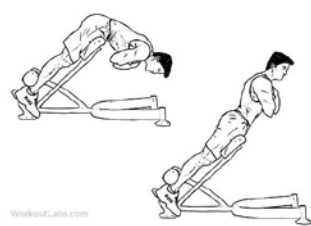
24
steps

Walking Lunges (12 on each leg)



24
steps

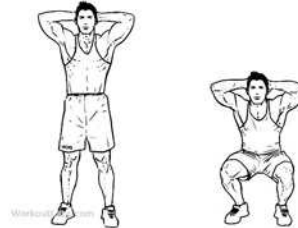
Hyper Extensions



CIRCUIT TWO

10
reps

Squats



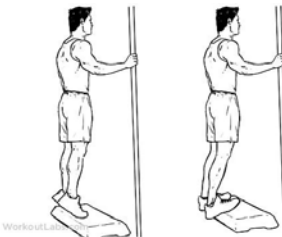
15
reps

Leg press



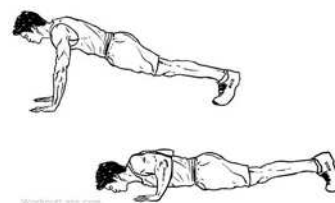
30
reps

Calf Raises



15
reps

Push ups



Week one

Walking Program



The walking program should be done 2-3 times a week.

Total time:
1 hour & 10 minutes

What to do:

Duration:

Warm up

5 minutes

**Flat terrain walk
(4,5km/hour)**

10 minutes

On heels, toes lifted

3 minutes

On toes, heels lifted

4 minutes

**Flat terrain walk
(4,5km/hour)**

40 minutes

Cool down and stretch

8 minutes

Week two & three



You can skip the uphill & downhill part once or twice a week. Increase your flat terrain walk to 45 minutes on these days

Total time:
1 hour & 30
minutes

What to do:

Duration:

Warm up

8 minutes

Flat terrain walk
(4,5km/hour)

10 minutes

On heels, toes lifted

3 minutes

On toes, heels lifted

4 minutes

Flat terrain walk
(4,5km/hour)

30 minutes

Uphill
(2-3km/hour)

20 minutes

Downhill
(5-6km/hour)

10 minutes

Cool down and stretch

5 minutes

Week four to eight



Total time:
1 hour & 30
minutes

What to do:	Duration:
Warm up	8 minutes
Flat terrain walk (4,5km/hour)	10 minutes
On heels, toes lifted	3 minutes
On toes, heels lifted	4 minutes
Flat terrain walk (4,5km/hour)	40 minutes
Uphill (2-3km/hour)	20 minutes
Downhill (5-6km/hour)	15 minutes
Cool down and stretch	5 minutes



Butterfly stretch
Hamstring stretch
Over head triceps stretch
Kneeling hip flexor stretch

Cat pose
Neck stretch
Glutes stretch

Hold each stretch for 30 seconds

Don't strain yourself
Repeat on the opposite side

Butterfly stretch



Cat pose



Hamstring stretch



Neck stretch



Over head triceps stretch



Glutes stretch



Kneeling hip flexor stretch

