# 3-Month Exercise Plan

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="https://via.placeholder.com/150" alt="Dynamic Warm-Up" /></td>
<td><img src="https://via.placeholder.com/150" alt="Dynamic Warm-Up" /></td>
<td><img src="https://via.placeholder.com/150" alt="Dynamic Warm-Up" /></td>
<td><img src="https://via.placeholder.com/150" alt="Dynamic Warm-Up" /></td>
<td><img src="https://via.placeholder.com/150" alt="Dynamic Warm-Up" /></td>
<td><img src="https://via.placeholder.com/150" alt="Dynamic Warm-Up" /></td>
<td><img src="https://via.placeholder.com/150" alt="Dynamic Warm-Up" /></td>
</tr>
<tr>
<td><strong>Chest &amp; Back</strong></td>
<td><strong>Arms &amp; Shoulders</strong></td>
<td><strong>Legs &amp; Core</strong></td>
<td><strong>Total Body</strong></td>
<td><strong>Total Body</strong></td>
<td><strong>Arms &amp; Shoulders</strong></td>
<td><strong>Total Body</strong></td>
</tr>
<tr>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
</tr>
<tr>
<td><strong>Dynamic Warm-Up</strong></td>
<td><strong>Foundations</strong></td>
<td><strong>Cool Down</strong></td>
<td><strong>Dynamic Warm-Up</strong></td>
<td><strong>Foundations</strong></td>
<td><strong>Cool Down</strong></td>
<td><strong>Dynamic Warm-Up</strong></td>
</tr>
<tr>
<td><strong>Cardio &amp; Core</strong></td>
<td><strong>Total Body</strong></td>
<td><strong>Total Body</strong></td>
<td><strong>Total Body</strong></td>
<td><strong>Total Body</strong></td>
<td><strong>Total Body</strong></td>
<td><strong>Total Body</strong></td>
</tr>
<tr>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
<td><img src="https://via.placeholder.com/150" alt="Cool Down" /></td>
</tr>
</tbody>
</table>

## Strength Exercises

- **Chest & Back**
  - Push-Up
  - Chest Press
  - Row
  - Chest Fly
  - Lat Pull-Down
  - Back Extension

- **Legs**
  - Squat
  - Lunge
  - Leg Curl
  - Side Step
  - Dead Lift
  - Step-up

- **Shoulders & Arms**
  - Shoulder Press
  - Lateral Raise
  - Bicep Curl
  - Hammer Curl
  - Tricep Kickback
  - Tricep Dip

- **Total Body**
  - 1-2 strength exercises per body part. Add cardio

- **Cardio**
  - Walking
  - Running
  - Biking
  - Swimming
  - Cardio Machine
  - Mini-trampoline

- **Core**
  - Swiss Ball
  - Scissor
  - Side Plank
  - Spinal Balance
  - Medicine Ball
  - Leg Lift

- **Active Rest**
  - Walking
  - Stretching
  - Dynamic / Foundations
  - Foam Roller
  - Play
  - Outdoor Activity

*Each workout starts with dynamic warm-ups and foundation exercises (10-25 min of cardio and 10-45 minutes of strength training)*

## Month & Intensity

<table>
<thead>
<tr>
<th>Month</th>
<th>Month 1</th>
<th>Month 2</th>
<th>Month 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sets</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Reps</td>
<td>13</td>
<td>8</td>
<td>5</td>
</tr>
<tr>
<td>Intensity</td>
<td>Medium</td>
<td>Medium - High</td>
<td>High</td>
</tr>
</tbody>
</table>
WHY EXERCISE?
- HAPPY BRAIN
- BETTER SLEEP
- HEALTHY DIGESTION
- BALANCE / FLEXIBILITY
- STRONG BODY
- REDUCE STRESS
- IMPROVE SELF CONFIDENCE
- ELEVIAE ANXIETY
- INSPIRE OTHERS 😊

Movement is compound interest for your health. Start doing a little bit everyday. It’s the small steps that lead to big results!