

# WORKOUT PLANNER

## 1 month workout plan

01	02	03	04	05	06	07
Walk	Upper Body Routine	Walk	Lower Body Routine	Walk	Full Body Routine	Walk
08	09	10	11	12	13	14
Walk	Upper Body Routine	Walk	Lower Body Routine	Walk	Full Body Routine	Walk
15	16	17	18	19	20	21
Walk	Upper Body Routine	Walk	Lower Body Routine	Walk	Full Body Routine	Walk
22	23	24	25	26	27	28
Walk	Upper Body Routine	Walk	Lower Body Routine	Walk	Full Body Routine	Walk
30	31					
Walk	Upper Body Routine					

# WARM UP

Set timer for 5 minutes. Perform this until timer stops.

## Jog in Place

Jog in place, keep your knees high.

Scale: High knees, without the 'jogging' part

**time for 45 seconds.**

## World's Greatest Stretch

Lunge forward with back leg straight. Squeeze your glute muscles hard. Then move your front knee to the side slightly. Then place your forward knee hand on the ground, lift the other In the air to twist, hold 5s. Then return to center and stand.

**Repeat 4 total (2 each side)**

## Bird Dogs

Position yourself on you hands and knees and engage your core muscles. Extend your leg behind you by contracting your glut muscle. keeping your core engaged  
Do not let your hips move.

If you are comfortable, extend your opposite arm In front of you at the same time, so you are balancing on your opposite knee and hand.

**Repeat 16 total, alternating.**

## Air Squats

Squat up and down so your legs are parallel to the ground, moving like you're sitting back into the chair. Then stand back up.

**Repeat 10 times.**

## Inch Worms

Stand hip-width apart. Fold forward, hands toward the ground, and then walk your hands out to a plank. Hold 5s. Then, return to standing by walking your hands back.

**Repeat 5 times.**

Scale: Wall planks; 2x30s holds on the wall

# UPPER BODY & CORE

Complete Circuit 3 times.

## Supine Pull Overs

Lay on your back with knees bent holding a medium weight in both hands. Straighten your arms and put your arms up. Then engage your ab muscles, lower your arms behind your head hold 3s, and then pull them back to starting position using shoulders and abs.

Scaled: no weight, or hold pillow

**Repeat 12 reps.**

## Elevated Plank Taps

Place your forearms on the floor, and straighten your body into a full plank position onto your toes. Your elbows are under your shoulders and your knees are straight.

Option: plank from your knees if holding from your toes is too difficult.

**Hold for 20s.**

## Standing Chest Press

Stand with feet hip width apart and hold a medium to heavy weight between both hands. Engage your core muscles, and press the weight out in front of you. Then return to starting position.

**Repeat 10 reps, hold each rep 2s and last for 15s.**

## Alternating Front & Side Raises

With light to medium weights in your hands (approx 3-5#) place hands palms down then lift in front of you, return to sides. Then move out to the side. then slowly back down to your sides.

**Repeat 15 reps (1 up and 1 side = 1 rep)**

## Arnold Presses

Sit in a chair. Place medium weight in both hands, palms facing you with elbows bent. Then, rotate your elbows to the side, palms will be facing away from you, and press over head. Then reverse to return to start position

**Repeat 12 times.**

## Bird Dog

Start on hands and knees. Raise your left arm In front of you. If you feel stable then extend your right leg behind you. Hold 2s, and then return to starting. Alternating right and left arms and legs, repeat.

**Repeat 20 total, 10 each side.**

**Rest 1 minute**

# LOWER BODY & CORE

Complete Circuit 3 times.

## Lateral Lunges

Begin with feet hip width apart medium weight in both hands. Step sideways and bend your leading knee down, keeping the standing foot/leg straight. Then return to standing.

**Repeat 20 alternating lunges (10 on each side).**

## Plank Jacks - Modified: Hands Elevated

Place your body in a plank position on the floor, or modified onto a couch or countertop. Step or jump your feet out and in, tapping your toe down before bringing it back to center.

**Repeat 12 times each leg (24 total)**

## Single leg Bridge

Lay on your back to do a bridge; hold 1 leg in the air, and lift your hips with the leg on the ground.

Scale: classic bridge

**Complete 8 repetitions on each side**

## Dead Lifts

Hold medium weight in each hand. Fold forward at your hips, aiming your bottom at the wall behind you. Keep your head and chest up. Then squeeze your gluts and return to standing. This should not cause back pain.

**Repeat 12 total**

## Lateral Skater Jumps

Start in the center of your mat/area. Jump to the right, landing on one leg and trying to keep your balance. Then push off to the opposite leg. Perform behind couch or near countertop and don't reach for floor if necessary for balance.

**Repeat 24 laps.**

## Saw planks

Hold a plank position, then use your shoulders and ankles to move yourself forward and backwards as if you're a saw. Back and forth is 1 repetition

**Complete 10 repetitions**

**Rest 1 minute**

# FULL BODY WORKOUT

Complete Circuit 3 times.

## Single Leg Deadlift (or Modified)

This can be performed with or without weight. Hold weight (or don't) in two hands. Stand on one leg, send your other leg behind you. Keep both legs straight, and hinge at the hip. If this is too much for your balance, see the 'modified' link for an adjustment.

**Repeat 12 on each leg**

## Tricep Dips

Place your hands on a couch or sturdy chair so you're facing away. Put your feet on the floor so you're facing upward in a reverse plank position. Then bend and straighten your arms to move your body up and down. The more your knees bend, the easier on your arms.

Scale: tricep kick backs

**Repeat 10 times**

## Dead Bugs

Lay on your back, place a pillow under your head if necessary. Bring your legs & arms up to a 90° angle. Slowly lower your left leg and right arm, engaging your core. Then alternate. If this is too much for your shoulders, perform only with your legs.

**3 sets of 10 on each side**

## Reverse Lunges

Begin with feet hip width apart. Step backward and bend your knee down toward the floor. Then return to standing. Hold something heavy for an extra challenge.

**20 alternating (10 on each side)**

## Bridges with Marching

Lay on the ground with your legs bent. Lift your hips in the air, and then balance on one leg and try to bend one knee toward your stomach. You only need to lift your heel an inch or two. The higher you lift, the more difficult it is.

Scale: classic bridge

**Repeat 12 times.**

## Russian Twists

Sit on the floor with your knees up and feet flat. Raise your knees up so you're balancing on your tail bone/sits bones. Reach your arms straight up, and slowly twist left and right.

Scale: half boat pose (use your hands!), or leg lifts

**Repeat 24 times (12 to each side) or**

**Rest 1 minute**

# CORE & BALANCE FINISHER

Repeat 2 times after exercise. Or 3 times on a rest day

## Standing Elbow to Knee Crunch

Stand feet hip width apart with elbows at a 90 degree, cactus, position. Then march one knee toward your chest and elbow down toward your knee. Aim your elbow toward your knee, but don't worry about them getting super close. Engage your abs muscles to help.

*Vestibular challenge: turn head left and right every other lift.*

**Alternate 16 times**

## Slow Bicycles

Lay on your back. arms behind your neck for support. Engage your abs so your back is flat on the floor. bring your right knee and left elbow together, extending your left leg. Then alternate.

If this is too straining on your neck, place a pillow behind your head, arms flat on the floor, and only do the leg portion.

**Complete 24 repetitions (12 each side)**

## Single Leg Triple Reaches

Stand on 1 foot. With the other, reach forward, sideways, and then backwards. Reach as far as you can. Hold 1 full second, return to center. Try not to touch the floor, but do so if you lose your balance. No worries, just restart!

**Complete 24 repetitions (12 each side)**

## Standing Feet Together Eyes Open, head turns

Stand on a firm surface with your feet together. Slowly look left and right with your head and eyes simultaneously.

**Complete 15 seconds. if this makes you dizzy, rest completely before restarting exercises.**

# COOL DOWN

## Dynamic Side Stretch

Sit on the floor with your legs crossed, or on a chair. Place one arm overhead and the other on your hip. Reach to your opposite side and stretch.

**Hold for 5 seconds and then switch back x10 total**

## Cat Cow

On hands and knees, slowly bend your back up and down with your breath. In as you drop your stomach down, and out as you bring it back up.

**Repeat 10 times, holding for 3s on either side.**

## Thread the Needle

On hands and knees, lift one arm up by twisting into the air. then following your hand, bring your gaze and arm down through the opposite arm. Follow your hand with your eyes for extra vestibular difficulty.

**Repeat 5 on each side holding each for 3s at top, and 10s at the bottom.**

## Shoulder Stretch

Wrap one arm across your chest to hug yourself. Then grab your opposite shoulder and pull gently to feel a stretch through your shoulder and back.

**Repeat 1 time each for 45 seconds**

## Neck Stretch

Seated on a chair or the floor, hold your head in one hand and gently pull your neck with your head down and to the side.

**Repeat 1 time each for 45 seconds**

## Single Leg Stance

In a safe place on a firm floor, like near a kitchen counter/table or couch, balance on 1 leg. Repeat on the other leg. Tap your hand down on your surface for support instead of putting your other foot down.

**30 seconds on each leg.**

## Grounding

Sit on the floor back to the wall, or in a firm chair. Take deep breaths, think about your stillness. Reflect on your workout, how successful you are!

Great job today!

**Complete for 3-5 minutes.**