

MY WORKOUT PLANNER

MY MOTIVATION FOR
EXERCISE THIS WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

EXERCISE GUIDELINES

CARDIO WORKOUT:
3 DAYS X 30 MINUTES

RESISTANCE WORKOUT:
2-3 DAYS X 30 MINUTES

STRETCHES/MOBILITY:
2 DAYS

1 X REST DAY!

(AIM FOR 2.5-5 HOURS
MODERATE INTENSITY IN
TOTAL)

HER CANBERRA

CAPITAL
HYDROTHERAPY