













Introduction

Your Nutrition

**Your Exercise**

- Overview

- Exercise Structure

↓ Your Calendar

## Overview

Your exercise recommendations are geared to promote brain health in specific parts of your brain.

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You can achieve this by setting your daily goals for steps and calories to:

**10,000** steps per day  
**2,000** calories per day

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- Overview

- Exercise Structure

↓ Your Calendar

## Brainiac Exercise Structure

**Monday** Heavy, Full Body Resistance Training [View >](#)

**Tuesday** Long Slow-Distance (LSD) Cardio [View >](#)

**Wednesday** Agility/Balance Drills & Yoga [View >](#)

**Thursday** Long Slow-Distance (LSD) Cardio [View >](#)

**Friday** Light, Full Body Resistance Training [View >](#)

**Saturday** High Intensity Interval Training (HIIT) & Yoga [View >](#)

**Sunday** Stretching or Meditation [View >](#)

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[Download "At Home" Version](#)

"At Home" version ensures all exercises in your plan can be performed without needing any gym equipment





## Monday

### Heavy, Full Body Resistance Training

#### What it is

Heavy, full body resistance training involves performing movements for 6-8 repetitions at 80% of the maximum weight you can lift for the prescribed movement and a 2-minute rest between each set.

#### The Benefit

Aside from gaining lean muscle mass, weight training has been shown to directly improve your ability to problem-solve and think critically.

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