

One Month Exercise Guide

Choose 3 days of the week to assign days A, B, and C. Extra Days can be applied on workout days or non workout days.

Each workout should take between 15-25 minutes depending on how much rest you take between sets. Examples of leisure activities: pickleball, golf (walking), bike ride, etc

	Day A		Day B		Day C		Extra Day 1	Extra Day 2
Week 1	Body weight squat	3 sets of 10	Walking Lunges	3 sets of 5 each leg	Ab Crunches	3 sets of 10	Choose one:	N/a
Form does not need to be perfect, get familiar with exercises and gain confidence							- Leisure activity	
	Banded Row	3 sets of 10	Bicep Curls	3 sets of 10	Good Mornings	3 sets of 10	- Walk for 20 min	
	Banded Shoulder Press	3 sets of 10	Push-ups	3 sets of 5-10	Lateral raises	3 sets of 10		
			(wall or knee variation)					
Week 2	Body weight squat	4 sets of 10	Walking Lunges	3 sets of 5 each leg	Ab Crunches	4 sets of 12	Choose one:	N/a
Focus on form and controlling the movements. Continue to gain confidence.							- Leisure activity	
	Banded Row	4 sets of 10	Bicep Curls	3 sets of 10	Good mornings	3 sets of 10	- Walk for 20 min	
	Banded Shoulder Press	3 sets of 10	Push-ups	3 sets of 5-10	Lateral raises	3 sets of 10		
			(wall or knee variation)					
Week 3	Body weight squat	4 sets of 10	Walking Lunges	3 sets of 6 each leg	Ab Crunches	3 sets of 15	Choose one:	N/a
If you're feeling good, think about going up a level in resistance. Form is still most important.							- Leisure activity	
	Banded Row	4 sets of 10	Bicep Curls	4 sets of 10	Banded RDL	3 sets of 10	- Walk for 20 min	
	(add 1-2 second pause)							
	Banded Shoulder Press	3 sets of 10	Push-ups	4 sets of 5-10	Lateral raises	3 sets of 10		
			(wall or knee variation)		(add 1-2 second pause)			
Week 4	Body weight squat	4 sets of 8	Walking Lunges	3 sets of 8 each leg	Ab Crunches	3 sets of 15	Choose one:	Choose one:
Look to challenge yourself a bit more while still maintaining form.	(2 second pause at bottom)						- Leisure activity	- Leisure activity
	Banded Row	4 sets of 10	Bicep Curls	4 sets of 10	Banded RDL	3 sets of 10	- Walk for 20 min	- Walk for 20 min
	(add 1-2 second pause)							
	Banded Shoulder Press	3 sets of 10	Push-ups	4 sets of 5-10	Lateral raises	3 sets of 10		
			(wall or knee variation, if necessary)		(add 1-2 second pause)			