

A person is shown from the waist down, wearing a light blue athletic top, black leggings, and black sneakers with white socks. They are standing on a paved sidewalk, leaning forward with one hand on their knee, appearing to be stretching. The background is a blurred street scene with buildings and trees under bright sunlight.

# *Beginner* **1** **WEEK** **EXERCISE** **PLAN**

DAY  
**1**

20-30 minutes  
**WALK**

DAY  
**2**

20 minutes  
**STRENGTH  
TRAINING**

DAY  
**3**

**REST**  
and/or  
**EASY  
STRETCHING**

DAY  
**4**

20-30 minutes  
**CARDIO**  
(walking, hiking,  
biking, dancing)

DAY  
**5**

**BASIC  
STRETCHES**

DAY  
**6**

**REST**  
and/or  
**EASY  
STRETCHING**

DAY  
**7**

20 minutes  
**STRENGTH  
TRAINING**

## 20 MIN BEGINNER STRENGTH TRAINING



**MARCH OR STEP TAP IN PLACE**

10 reps

30-60 secs

2-3

**SQUATS**

10 reps

30-60 secs

2-3

**PUSH UPS\***

10 reps

30-60 secs

2-3

**CALF RAISES\***

10 reps

30-60 secs

2-3

**EXTENDED ARM CIRCLES\***

10 reps

30-60 secs

2-3

**FOREARM PLANK\***

30 secs

30-60 secs

2-3

**COOL DOWN / STRETCH**

2-3 minutes

30-60 secs

## BASIC STRETCHES



### SIDE BODY STRETCH

standing, reach your arms overhead. If possible, gently clasps your right hand around your left wrist and lean to the right. Keep your left foot planted on the ground and relax your left shoulder as much as possible. Repeat on the other side.

30-60 secs

### SHOULDER STRETCH

standing, cross your right arm in front of your body (the fingers on your right hand are pointing towards the left side of the room). Hook your left arm underneath your right and gently hug your arm until you feel a gentle shoulder stretch. Repeat on the other side.

30-60 secs

### BACK BODY STRETCH

if needed, stand next to a wall or chair for extra balance and support. Step your right foot about a footprint in front of your left. Place one or both hands on your hips and bend your knees slightly and lift your right toes off the floor. If you want to deepen the stretch, gently lean your torso forward as you press your hips back. Repeat on the other side.

30-60 secs

### CALF STRETCH

stand facing a wall (use the wall for balance if needed). Leaving your right heel planted, raise your right toes off the mat, letting them rest against the wall allowing your calf to stretch. Repeat on the other side.

30-60 secs

**TIP** **LOW IMPACT** **CHALLENGE**

\*Push Ups stand with hands on the wall or from ground with knees on a towel for support

\*Calf Raises seated

\*Extended Arm Circles 15 secs forward; 15 secs backwards;  
arms straight, wrists at shoulder height seated

\*Forearm Plank place knees on a towel for added support

## ADD A CHALLENGE TO YOUR WALK

ONE SET

Fast Power Walk 1 minute; Recovery Pace 1 minute

Fast Power Walk 1 minute; Recovery Pace 2 minutes

Fast Power Walk 1 minute; Recovery Pace 4 minutes

Total Time for one set: 10 minutes Complete 2-3 sets